

THE *Inspired* GUIDE

CONSCIOUS LIVING & HOLISTIC WELLBEING

Issue #4 | Oct 1st 2019



Designed & Made in Nelson, New Zealand



*“When I let go
of what I am,
I become what
I might be”*

- Lao Tzu



Welcome & Enjoy

Hello and welcome to Issue #4 of The Inspired Guide magazine!

Every time I put together another issue of The Inspired Guide I watch it unfold and come to life. Each article is received, compiled or written; then dropped into the layout - then each article needs to be edited and this is when I am filled with so much joy and inspiration!

Many articles seem to synchronize with other articles even though the contributors have not been guided by me on what to write or by the other contributor! It is this synchronicity that makes me feel so blessed to be the one who unites this information, these people and ideas and shares it with you all.

I read each article in detail, sometimes multiple times to edit it, fix up any spelling or grammatical errors - because you must understand that many of these contributors are not professional writers! They have taken a brave step to share their knowledge with you in a way not necessarily of natural ease to them! I am so grateful for this - for their courage, time, knowledge and commitment!

While editing, I read every single text component of the magazine and feel my heart get lighter - finding myself so inspired that it sometimes brings a tear to my eye...

Every month brings something different, a different feature, different words and different people - each with a unique perspective and way of doing things.

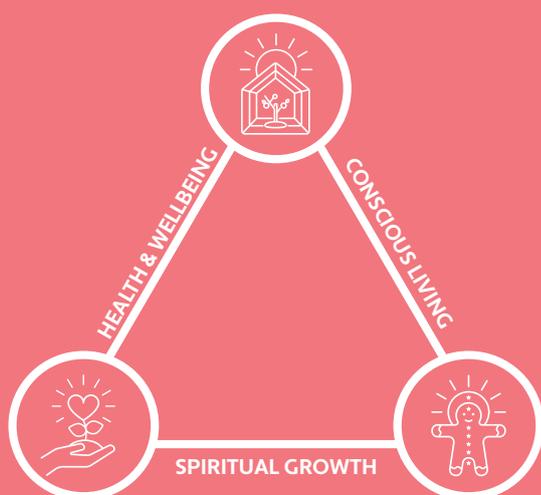
I hope you find each month as inspiring as the last and continue to find the grace and love to grow in your own way into the divine being that you truly are.

Thank You for Reading! Take your time and enjoy...

Amanda Sears

How to Make the Most out of *The Inspired Guide*

The Inspired Guide is designed to inform and inspire all who seek to live more conscious lives. There are 3 main categories that are conducive to living consciously and in balance.



For a balanced life it is important to incorporate mindfulness and personal development in all areas of our Mind, Body and Soul.

The Benefits of an eMagazine

Links are all active - so go ahead and click them to go through to that page *online* for more information

Zoom in if you want to see things closer or larger

Share easily with friends, family, colleagues and networks to spread the word and grow the awareness!

Read ANYWHERE!

- ♥ Read with an open mind ♥
- ♥ There is no 'one size fits all' ♥
- ♥ Hold no judgement ♥
- ♥ Read what calls to you ♥



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Tracey Clark

Catherine Walters

Aimee Shields

Nicole Russell

Francie Heathfield



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The *Good* Guide

Not every day is a walk in the park or a breath of fresh air - but it can be... When you need a pick me up or something inspirational to shift that doom and gloom. Be **uplifted & inspired** with our carefully curated selection online...



WATCH

Look for the light in the world and you will see how bright it shines! Get a breath of fresh air with Good News!



READ

A book can teach you or take you away on a journey - often both... enjoy our selection of inspiring and uplifting books.



ART

Art is subjective... it can inspire, soothe or insight action among the viewer. Our collection hopes to do all of these things...



BE INSPIRED

Hear the words from great minds around the world! Watch inspiring videos and learn more about these people.



LISTEN

Soothe your soul, find that happy place and get your groove on with some of our uplifting musicians and singers.

VIEW ALL COLLECTIONS HERE
www.theinspiredguide.nz

WIN!* FACEBOOK GIVEAWAY

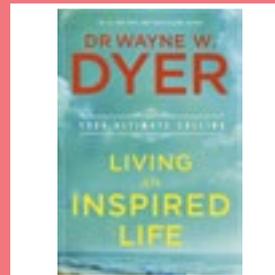


Share The Inspired Guide on Facebook or Instagram and tag it to be in to win one of our colourful mugs!
@TheInspiredGuideNZ

>CLICK HERE<

WIN!* BOOK OF THE MONTH!

Every month we give away an inspirational book to one of our wonderful subscribers... could that be you? **Make sure to subscribe online (for FREE) to be in to WIN HERE!**

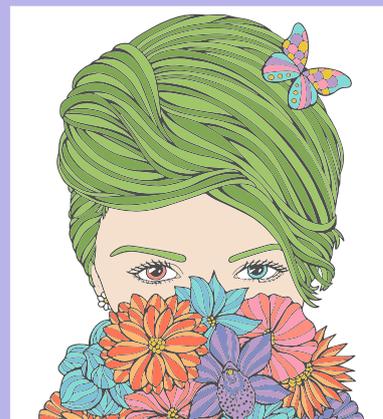


Living an Inspired Life By Dr Wayne Dyer

There's a voice in the Universe entreating us to remember our purpose, our reason for being here now in this world of imper-

manence. The voice whispers, shouts, and sings to us that this experience—of being in form in space and time—has meaning. That voice belongs to inspiration, which is within each and every one of us.

As you read each chapter in this book, you'll find specific suggestions for living "in-Spirit." From a very personal viewpoint, Dr. Dyer offers a blueprint through the world of inspiration—your ultimate calling.



Cover Art

Hand-drawn
digitally
coloured
illustration

by Amanda
Sears

Get Involved!



Subscribe

FREE to read and FREE to subscribe!

Receive The Inspired Guide directly in your inbox each month.

Subscribers get a downloadable PDF link to read offline or print.

Go in the draw to WIN the Book of the Month - Easy!

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Contribute

Apply to share your knowledge in The Inspired Guide as a guest or regular contributor at no charge!

Reach a wider audience from New Zealand to the World!

Connect with the people who need to hear your wisdom.

Create positive change in the world with your knowledge and experience in your field.

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* Limited Availability *

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Inspiration on Instagram

POSITIVELY PRESENT By Dani DiPirro

Dani is an author, blogger, and designer living in Washington, DC. In 2009, she launched the website PositivelyPresent.com sharing experiences and insights on positivity and self-love! Now a global, destination for inspiration and resources.

Follow her on Instagram: [@PositivelyPresent](https://www.instagram.com/PositivelyPresent)



THE CELESTIAL WITCH By Ellie Mae

Ellie is an artist, designer and practitioner of metaphysics, based in Sydney, AU. She uses her unique gifts to help, support and guide those on a Soulpreneur journey. Her work is spiritual, inspirational, enlightening, informative and fun!

Follow her on Instagram: [@the_celestial_witch](https://www.instagram.com/the_celestial_witch)



JOURNEY TO WELLNESS By Rebekah Ballagh

Becks is a counsellor, mindfulness coach and illustrator based in Nelson, NZ. She began illustrating mental health tools with a goal of making counselling and therapeutic techniques more accessible to everyone. Now they are a global resource!

Follow her on Instagram: [@journey_to_wellness](https://www.instagram.com/journey_to_wellness)



BECCA REITZ By Becca Reitz

Becca Reitz is an illustrator and graphic designer that resides in Denver, CO. Her work aims to capture the beauty and essence of the human experience - each piece is a visual representation of our truth, our journeys, our past, our future.

Follow her on Instagram: [@becca_reitz](https://www.instagram.com/becca_reitz)



CONSCIOUS COMMENTARY

By Alan Roberts

ZAP!

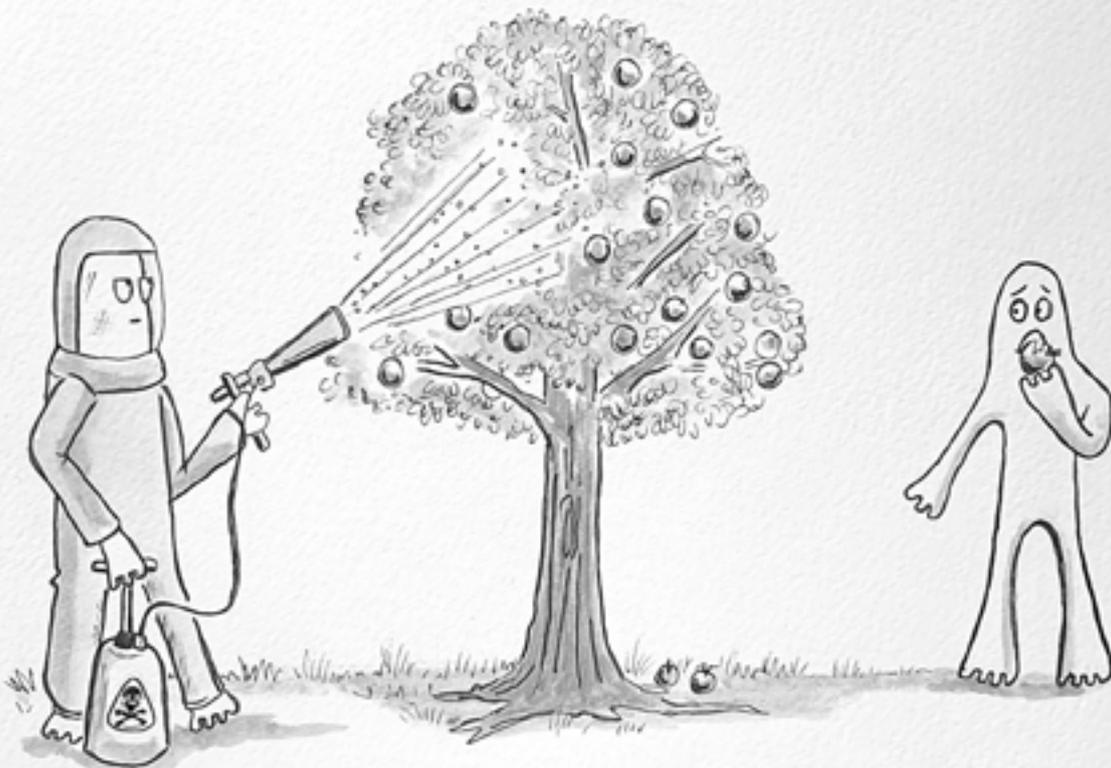
BATMAN HAS W.O.F. PROBLEMS ...



Alan Roberts

DIVINE BEINGS BEHAVING BADLY

By Amanda Sears (Concept) & Alan Roberts (Illustration)



The Fruits of Our Labour

Alan Roberts

Introducing the Contributors



Embodied Awareness

Alison Elsberry

The creator of Embodied Brilliance™, an innovative embodiment curriculum that nurtures the authentic, Soulful expression of children, Alison has 20 years experience as a pediatric occupational therapist, intuitive energy healer and body worker supporting children to embody and express their Soul. She's passionate about helping educators and youth professionals recognize a child's unique quirks, emotions, sensitivities and intuitive abilities as clues to who they are and what they need. So they can support children to feel comfortable in their skin and at home in their body being exactly who they are.

www.alisonelsberry.com



Nourished by Nature

Charley Ainscough

Charley is a Qualified Health and Wellness Coach and author of the wonderful family cook book Charley Chop Chop Shares Her Culinary Magic! Teaching and inspiring both children and adults to cook is her true passion and she greatly believes in old school values and rituals when it comes to cooking. Nothing gives her greater pleasure than helping people find true balance in life from wholesome and nutritious food through to a healthy lifestyle. Her passion is to teach, encourage and inspire.

www.charleychopchop.co.nz



Mindset Matters

Angela Cheruseo

Angela is a leading edge wealth empowerment coach, life coach, workshop facilitator, inspirational keynote speaker, and author. What she loves and what motivates her is seeing the improvements in the individuals she works with - moving forward, eager to be the best version of themselves. Angela is passionate to see you achieve sustainable transformation in all areas of your wellbeing, job/career or relationships. As a life coach she can facilitate a better space for you to untangle whatever may need untangling and get you back on track to be operating as your unique and true, perfect you.

www.angelacheruseo.nz



Being Fit & Well

Clare Scott

A mother of three and a passionate advocate for sustainable and conscious lifestyles, Clare grows as much of her own food as she can, composts, make her own zero-waste products and gets around outside of a car as much as possible. An experienced and qualified personal trainer, cycling instructor and wellness consultant she has recently launched a new commuter cycling business to encourage active transport and more environmentally and health conscious travel. She also enjoys boxing, reading, gardening, cooking, tramping, and catching up with friends and hanging out with her family.

www.easystreetcycling.nz





Introducing the Contributors



A Magical Life

Elyse Santilli

Elyse is an award-nominated life coach, mindset and manifestation teacher, and the host of the Wake Up And Manifest podcast. She guides personal development lovers and ambitious women to own their worth, get into alignment, upgrade their mindset, and manifest their wildest dreams. She supports people through her 1:1 coaching programs and on-line courses and workshops. Her writing has been featured in Huffington Post, Tut, Thought Catalog and Tiny Buddha.

www.elysesantilli.com



Yoga Flow

Julie Stephens

Starting her yoga journey around 30 years ago, Julie found the spiritual aspect of it a major draw card and the physical side an added bonus. She spent many years travelling the world and in 2000 started her yoga teacher training apprenticeship which took 18 months of practising six days a week, 30 hours a week. She trained with many great inspirational teachers and has since owned yoga studios all over the world. As a yoga teacher she feels truly honoured and privileged to be able to share such an ancient practice – one that offers not only great physical benefits, but ultimately allows us to be mindful, happy and content.

www.juliestephensyoga.co.nz



Sound Matters

John Du Four

John Cohen-Du Four really enjoys being creative. He has made art in everything from acrylics to encaustic to batik. He's fired ceramics and sculpted in papier mache. He's composed music and written jingles. He's performed in the Edinburgh and Adelaide Fringes. He's written and directed short films, one of which was an international finalist in New York. He has choreographed dance and written many short stories. A former chef, sound therapist, and creative director in advertising, John is on the board of Arts Council Nelson and is Arts writer for Wild Tomato magazine. He lives in Richmond with Sue.



Feel Great Food

Lee Holmes

Lee is a holistic nutritionist, yoga and meditation teacher, wholefoods chef and author of the bestselling Supercharged Food series. After changing her diet to improve symptoms of a non-specific autoimmune disease and fibromyalgia she started the Supercharged Food website from a need to share easy, wholesome and simple recipes. Experience has taught her to listen to the cues and signals from your body and that making positive nutritious food choices while having the desire within you to change your life for the better is the first step to optimum health.

www.superchargedfood.com



Introducing the Contributors



Helpful Herbs

Mandy Haywood

Mandy is a mother, Naturopath and Medical Herbalist.

She aims to empower clients to initiate and take responsibility for their own health by making fundamental changes in their diet and lifestyle with herbal medicine/supplements/therapies prescribed to help support the body to achieve wellness and balance. Mandy offers personalized, compassionate health care for people of all ages with conditions ranging from minor acute illness to serious chronic disease. Healing one step at a time and ultimately achieving balance on all levels physically, mentally, emotionally & spiritually.

www.mandyhaywood.co.nz



Crystal Healing + Scents f Self + Divine Guidance

Michelle Cotton

At age 22, Michelle experienced the most life-changing year of her life and discovered who she truly was and her spiritual and healing abilities. Embracing this aspect of herself and realising she was a blank canvas, Michelle trusted herself and the Universal Source of Creation and started learning about all things spiritual and energetic. She loves the life she has chosen, which is filled with love, learning and pure vibrational energy... and best of all, she gets to use it to help others as a Clairvoyant Medium, Trance Channel, Healer, Teacher and Empowerment Coach.

www.facebook.com/PureVibrationNZ



A Nurtured Life

Mariette Zoeppritz

Mariette is an early childhood teacher and Reiki practitioner

with a passion for exploring different aspects of holistic wellbeing and supporting others on their journey to living a fulfilled, authentic life - true to their higher calling. She has created a strong spiritual practice that supports her in staying connected and aligned to her higher Self which includes time in nature, Reiki, creativity, mediation, oracle cards and more. Her own healing journey recently led her to experience the power and magic of Inner Child Healing and she looks forward to incorporating what she has learned into her work with children and adults alike.

www.facebook.com/SeedsOfPeaceNZ



Spiritual Development

Renae Bailey

Although qualified as a Reiki practitioner in 1999, it wasn't until Renae became a Reiki Master/Teacher in 2011 that she began her journey as a Reiki professional. Now based at Balance in Buxton Square, Renae brings her experience in BlueStar Quantum Healing, Reiki, Inner Child Healing, Essential Oils and Crystals to Nelson. She truly enjoys facilitating transformation in her clients utilising the many tools in her toolbox.

www.healingwithrenae.co.nz





Introducing the Contributors



An Empowered Life

Rose Aitken

Rose is an Inner Wisdom & Potentiality Coach offering private Life Coaching Sessions & Programs in Nelson, New Zealand and online. Rose is an expert at helping you undo your blocks, release your pain and connect with your potential. She has a genius for nurturing your talent, providing support and seeing where you are limiting yourself, how to challenge you, and where your undiscovered capacities lie. Rose gets results and her clients have nick named her “The Excavator”, because they are so free of their problems after working with her. *“You can’t build a new house on old Foundations”* Rose Aitken.

www.roseaitken.com



Yoga & Conscious Living

Sundari Zuleta-Connable

Sundari is a previous long-term resident of Anahata Yoga Retreat and has travelled to India with Anahata many times. During her stay she immersed herself in the permaculture lifestyle and yogic way of being. She has extensive knowledge around yogic philosophy, health & wellbeing passed down to her from a family of yoga enthusiasts and professionals.

www.anahata-retreat.org.nz



A Balanced Life

Sarah Jensen

Sarah Jensen is an award winning, internationally certified Life and Business Coach and host of the award nominated Rock Your Goals podcast. Sarah helps heart led coaches and creative entrepreneurs grow a sustainable, successful and super fun business (without going broke or burning out in the process). She believes in owning your awesome, writing your own rules, and chocolate!

www.sarahjensen.com.au



Home Grown Gardening

Tim Morozgalski

Tim loves to spend time outdoors and studied Environmental Management to get a better understanding of some of the problems and solutions of our modern way of living. He set up Tim’s Garden Services as a way of helping people to reconnect with their gardens and use more traditional and organic methods of gardening. He loves to grow food and shares this passion with his staff and customers so they too can grow delicious and seasonal food.

www.timsgarden.co.nz





Meet the Men's Panel

Each month the Men's and Women's Panel answer a question based on their own experience about health, wellbeing and conscious living which is then shared with the you along with some of their helpful tips...



John Du Four

A former chef, sound therapist, and creative director in advertising, John really enjoys being creative and has turned his hand to many creative modalities from painting to performance.



James Kane

Started out life digging holes as a labourer, and has had many different jobs since. He has worked in different hostels overseas and is currently the Manager at Paradiso Backpackers and Apartments Paradiso.



Gareth Edwards

Gareth Edwards is a writer, musician and coach who helps people looking for something more from life to take ownership of their own happiness.



Josh Ryan

Josh is a 19 year old entrepreneur and sports fanatic. Born and raised in the Nelson region, he currently runs a social media marketing agency

Meet the Women's Panel



Becky Siame

Is a proud mother of 2 teens and is passionate about bringing joy into the lives of others through her nationwide party styling franchise. She is also a best selling Author & Motivational Speaker.



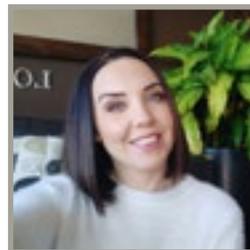
Angelika Barnes Caslavka

Entertainer and Teacher at heart, Angelika works as a Business & Life Coach. She feels most passionate about bringing out the best in people, so they become happy confident communicators.



Caron Proctor

Is a transformational Life Coach, Founder of Your Tribe and loves helping people learn that they matter. Everything she does is about leaning into love and life.



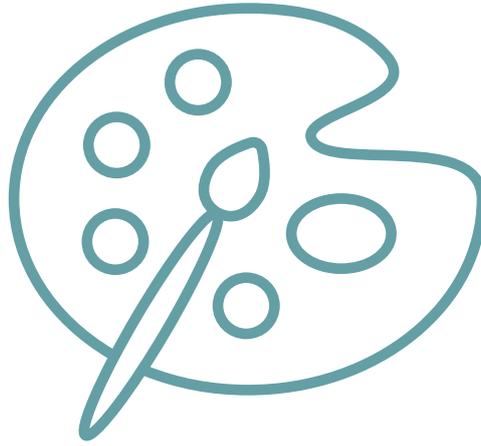
Joleen Reynolds

Spiritual Life Coach & lover of meditation, journaling and essential oils. Joleen guides her clients to connect to their higher self and unlock their limitless potential with confidence and self love



Judene Edgar

Believes that we need to use our skills to make a difference to society. She's worked and volunteered in health, housing, education, transportation, energy, local government, sport and charitable organisations.



DIGITAL GALLERY EXHIBITION

Introducing this exciting, modern & innovative approach to exhibiting art work of all kinds.

Each artwork links to the artist's website or social media where you can enquire about the work, order a commission or find out more about each artist and see their other works.

Some work is for sale, while others are examples of the artistic style of that particular artist.

Barry Driver

Tracey Clark

Catherine Walters

Aimee Shields

Nicole Russell

Francie Heathfield

**Some images may be cropped to fit.*

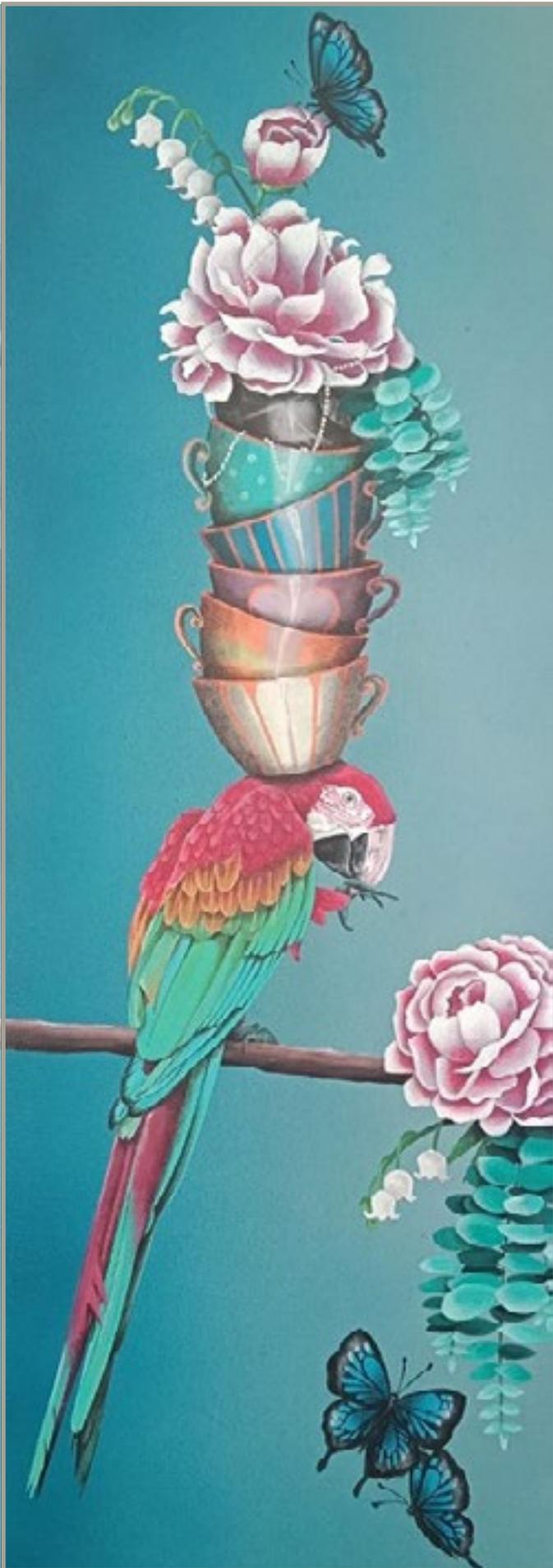
If you would like to know more about this new way of exhibiting your work, whether it is photography, painting, sculpture, pottery, etc. Please go to our website [HERE](#) to request an information guide.



Barry Driver
Paua Surge (2017)
Acrylic on Gloss Paper
www.barrydriverart.co.nz



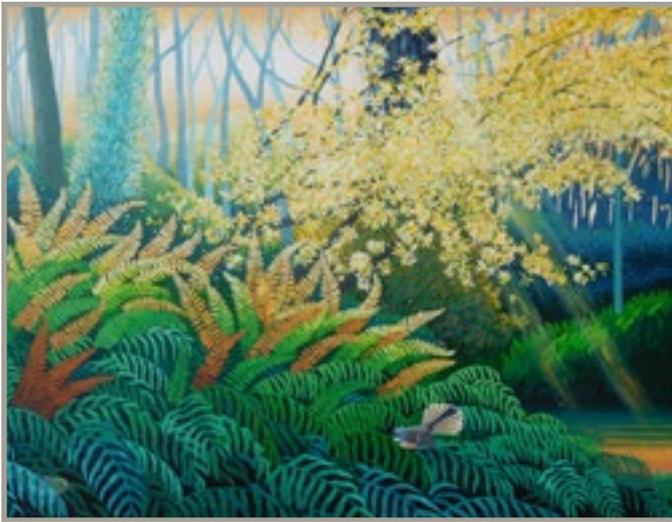
Barry Driver
Pretty in Pink (2017)
Acrylic on Gloss Paper
www.barrydriverart.co.nz



Tracey Clark
'Tea Cup Balance' (2019)
 Acrylic on Canvas
www.facebook.com/TraceyClarkArtist



Tracey Clark
'Strike a Pose' (2019)
 Acrylic on Canvas
www.facebook.com/TraceyClarkArtist



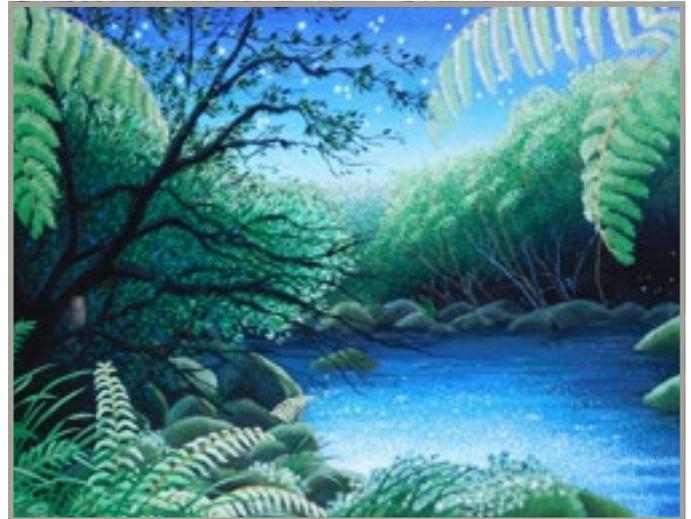
Catherine Walters
'The Last Light of the Last Day' (2018)
 Acrylic on Canvas
www.catherinewaltersart.nz



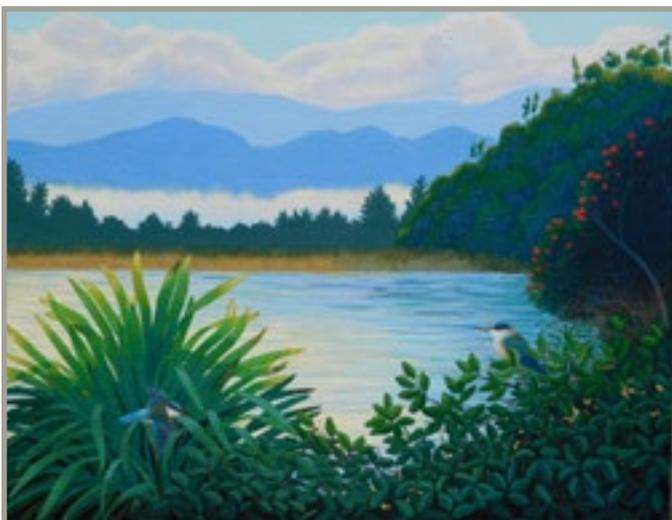
Catherine Walters
'Summer - Twilight and Jade' (2015)
 Acrylic on Board
www.catherinewaltersart.nz



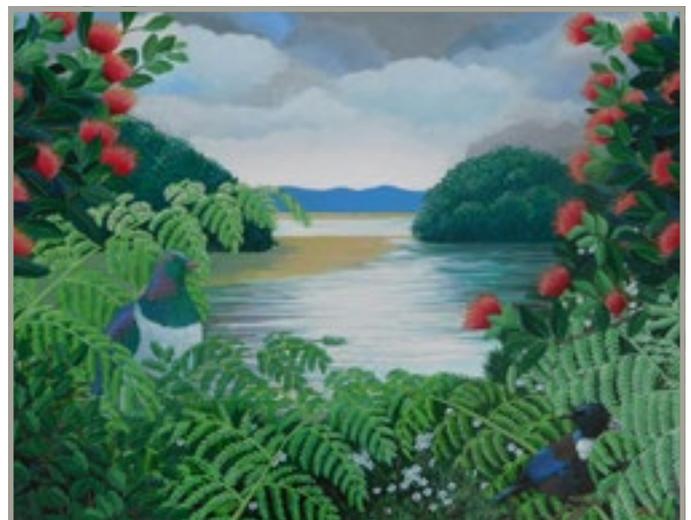
Catherine Walters
'A Cold Wind in the Trees' (2018)
 Acrylic on Canvas
www.catherinewaltersart.nz



Catherine Walters
'Starlit' (2018)
 Acrylic on Canvas
www.catherinewaltersart.nz



Catherine Walters
'Ebb Tide' (2018)
 Acrylic on Canvas
www.catherinewaltersart.nz



Catherine Walters
'Rainy Day' (2018)
 Acrylic on Canvas
www.catherinewaltersart.nz



Tracey Clark
'Wine Time' (2017)
Acrylic on Canvas
www.facebook.com/TraceyClarkArtist



Divinely Inspired - Aimee Shields
'Emotion' (2019)
Acrylic
www.callah-ancients.com/gallery



Tracey Clark
'Balancing Treats' (2018)
Acrylic on Canvas
www.facebook.com/TraceyClarkArtist



Tracey Clark
'Untitled' (2019)
Acrylic on Canvas
www.facebook.com/TraceyClarkArtist



Nicole Russell
'Lillies' (2019)
Oil
www.nicolerussellart.com



Francie Heathfield
'Crackle Trio' (2019)
Mixed
Facebook



Francie Heathfield
'Golden Hills' (2019)
Acrylic Mixed
Facebook



Francie Heathfield
'River Banks' (2019)
Acrylic Mixed
Facebook



Francie Heathfield
'Rusting Away' (2019)
Acrylic Mixed
Facebook



Divinely Inspired - Aimee Shields | 'Embrace' (2019) | Acrylic | www.callah-ancients.com/gallery



Divinely Inspired - Aimee Shields
'Beauty' (2019)
Acrylic
www.callah-ancients.com/gallery



Divinely Inspired - Aimee Shields
'Communion' (2019)
Acrylic
www.callah-ancients.com/gallery



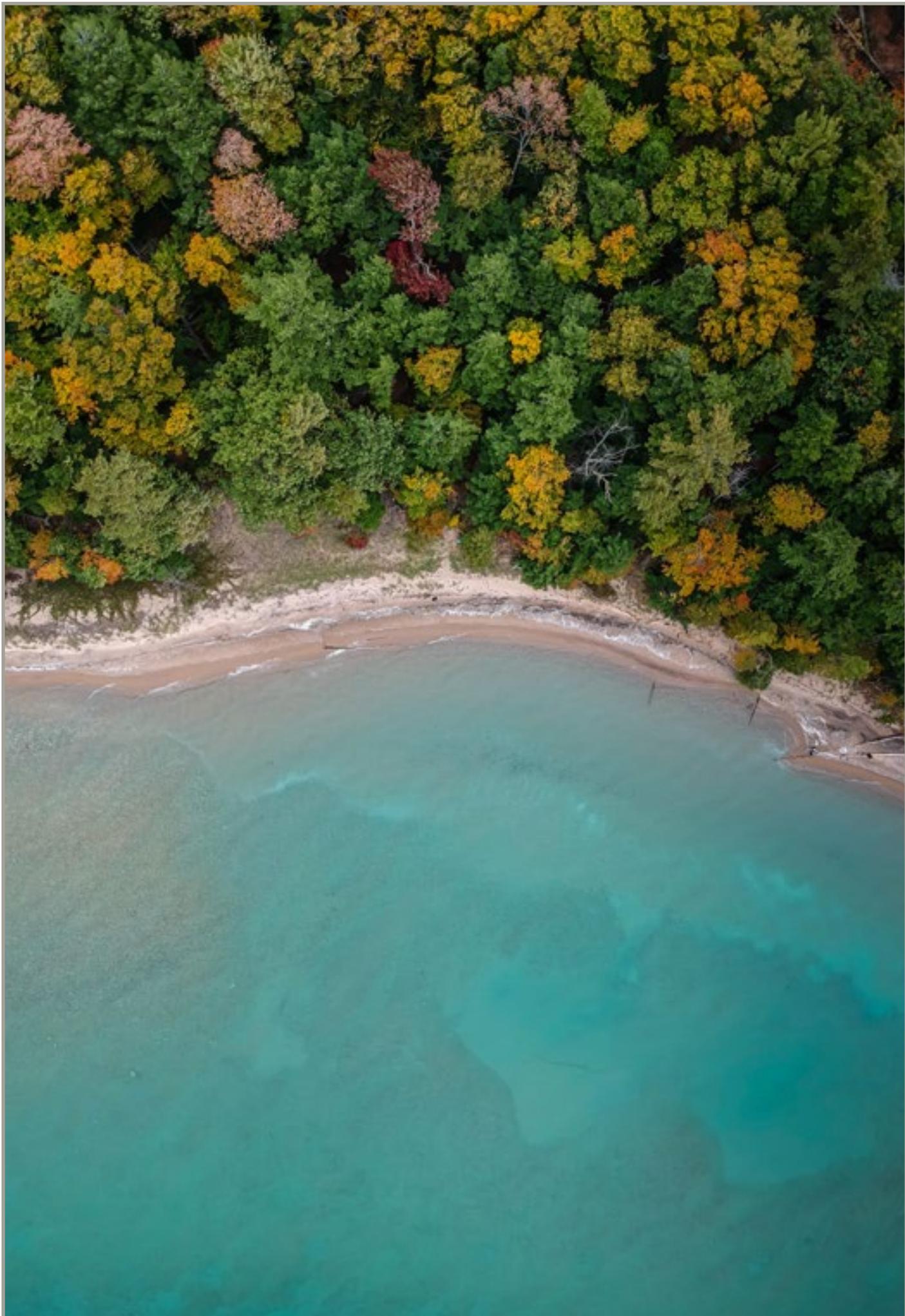
Nicole Russell
'Aniseed Valley Bridge' (2019)
Oil
www.nicolerussellart.com



Nicole Russell
'Mapua Warf' (2019)
Oil
www.nicolerussellart.com



Nicole Russell
'The Rehearsal' (2019)
Watercolour
www.nicolerussellart.com





CONSCIOUS LIVING

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Home Grown Gardening

With Tim Morozgalski

MULCH

I have had a few questions on mulch recently and it's incredibly important in all types of gardens and in our opinion it is always a good time to mulch. However, I definitely think now (Spring) is the best time before the dry summer season begins. This will allow the mulch to start to decompose and interact with the soil below by releasing nutrients and helping feed our plants.

The main reasons for using mulch are:

- slow-release fertiliser
- to retain moisture
- keep weeds down
- erosion control
- aesthetically pleasing

Mulches can be described as anything which covers bare soil. Although mulches come in a wide range of types, some work better in certain conditions than others and mulches that are made from plants also benefit the soil. They include: bark, straw/hay, grass clippings, dead plants, weeds, sawdust, shredded hardwood, leaves, pine needles, cardboard, and newspaper.

Currently, in my garden I have:

- **Bark** to scatter around the base of natives, ornamentals and anywhere with large enough gaps, including some pathways. The large chunks of bark are excellent at maintaining moisture in the soil. The bark eventually decomposes, releasing nutrients and adding to the soil.
- **Cardboard** for a patch of lawn or a very overgrown weedy area. The cardboard goes straight on top of the weeds and grasses which remain in situ; after a month when they have clearly started to die I pile compost onto the cardboard at a minimum of 20cm, depending on what I am growing. The weeds slowly decompose with the cardboard and eventually the roots of my plants will penetrate the cardboard and reach the nutrients.
- **Straw** around the smaller areas with my more delicate vegetables. I prefer straw as it carries fewer weed seeds than hay. I find the straw to be more delicate which allows the little seedlings to germinate and grow through the

straw much easier. It's accessible, cheap and decomposes well, but not too quickly. Always check the source of the straw as some may have been sprayed.

Other forms of mulch I love to use are green mulch and shredded hardwood. I am turning my weeds into fertiliser at the moment, so there is no mulch left over. However, once you have weeded your garden or mown your lawn, do your best to remove seed heads and simply apply as mulch on your beds. This option is a totally free slow release fertiliser and weed suppressant. The shredded hardwood is also a fantastic option. As well as being completely natural it looks good and goes especially well in native or woodland style settings.

As mulches act as a slow-release fertiliser and allow moisture to seep through and be retained, it is therefore not a good idea to use anything non-organic like newspaper, carpet or plastic. Toxins on these synthetic materials have a high chance of leaching into your garden beds for your plants to drink. The plastic will stop water getting through and eventually kill the areas of soil which get no water. Everything living needs water, including the micro-organisms. Although they may be good weed suppressants, try to avoid these mulches; replace with cardboard once the sticky tape and stickers have been removed.

My top tip: *when it's time to put another layer of mulch down, always break up the previous layer with a rake as it can create a mat and become impervious. Breaking up the mulch allows it to integrate faster.*

Enjoy your gardening and get mulching!

The Tim's Garden Team





Conscious Business

With Guest **PollenNation**

Questions answered by:

Jezebel Cleveland - Manager and Director

Tell us about your conscious business:

PollenNation is a beekeeping business run by myself and my partner - we specialise in producing pollen. I grew up with beekeeping parents and after doing a biology degree, found myself drawn back into the beekeeping world through my love of bees and the special products they produce. Pollen is particularly unique. As honey is the carbohydrate rich energy for honeybees, pollen is the protein, vitamins and minerals.

My family produced pollen in the 1980's when the bank encouraged my father's development of a gentle pollen trap. Following in his footsteps, our beekeeping business is bee-friendly and sustainable, we only collect from areas of pollen surplus and use gentle methods that don't interfere with bees' health or wellbeing.

Honeybees are now at risk - not so much in NZ, but around the world, where they're subjected to rather brutal practises and gruelling pollination schedules that place them at the forefront of the global agricultural machine.

Bees are well known for crop pollination and honey production, but less known is arguably nature's best kept secret - pollen! It is a complete vegetarian protein & enzyme rich food with outstanding nutritional properties, and I wanted to focus on bringing it to market as a fresh & exciting health food. I'm continually fascinated by what I learn about it's health-giving properties and captivated by it's beautiful colours and shapes - especially awe-inspiring through a microscope.

How do you do business more 'consciously'?

All of the challenges humanity faces now-a-days (e.g climate change, biodiversity loss) are

frightening when we experience them and anxiety-provoking when we think about them. The enormity of it can be paralysing and the best way I've found to deal with this is to take small actions that align with my conscience. I incorporate these into our business by making our central value to care for our bees and planet.

I treat honeybees gently and with respect and have always disliked the rough handling practises that go hand-in-hand with managing large beekeeping operations. Pollen collection is a

much gentler process than harvesting honey, both for the bees and the beekeeper, and rather than increase hive numbers, we've increased our production by working co-operatively with a select few beekeepers who share our values and keep their hives in native forests, well away from sprays and contaminants.

We're not in favour of plastic packaging, choosing instead to use recyclable glass & cardboard for shipping.

Remarkably, almost no water or heat is used in the production & processing of pollen - It's a very low energy-consumption business. Most of the work is done by our lovely honeybees, who as we like to say - *fuel themselves on regenerative flower nectar and cause no pollution.*

Describe your unique business attributes:

PollenNation came about from my passion for honey bees, living sensitively within our environment and because I consider pollen to be a conscious food. It is nutritionally rich and healing, and is likely to be the most environmentally-friendly protein in the world, though this is yet to be verified. But given that pollen is necessary for the reproduction of flowering plants, by it's very nature it is restorative of our planet's flora and the ecosystems they support.

When it comes to business attributes, I'm caring



and thorough with the bees and the bookwork. Not a virtue for getting business taken care of quickly, but being a good beekeeper requires patience, calm and centeredness - because bees mirror your state of being!

How have you found doing business this way?

The challenges and the learning never end, but running PollenNation does bring a great sense of happiness. I feel clear that I'm not working against my conscience, that I'm doing it with passion and can help others in the process. We've had obstacles right from the start as bee pollen was not legislated for under NZ food safety regulations when we were trying to get our factory and processes certified, and now we are putting a lot of time and energy into education about pollen as a food and building brand awareness.

Attitude is so important. When you're in business for yourself it's easy to lose your positivity in the face of difficulties and rejection and then forget your reasons for doing it. I've discovered that if you can keep a good attitude, your business can truly be one of your greatest sources of fulfillment.

Find out more on their website:

www.pollennation.co.nz





Consciously Creative

With Guest **Judith Keylock**

NATURAL TEXTILES

I have had a love affair with leaves ever since I experienced my first Autumn at age 19 when I left my home in Zambia to do an art degree at Manchester, UK... I couldn't believe the abundance of beauty, each leaf as intricate in colour and pattern as a miniature Persian carpet or a Mark Rothko painting.

I began collecting them into little piles like a deck of cards to be taken out, rearranged and admired. I painted and drew them, made series of leaf etchings and tied them up like a collection of postcards. I collaged them onto transparent surfaces as wall hangings, stitched their delicate stems onto tissue thin papers, moulded them into 3 dimensional dresses and shoes - marvelled at their splendour in Andy Goldsworthy books.

Later while living in New Zealand, I came across a book called Eco Colour by India Flint and found a whole new way to enjoy them. She turned my attention to contact printing plant images on natural fabrics and sustainability as a main focus in my work. So again I am arranging the windfalls of the trees and shrubs from our food forest and garden to be later worn and enjoyed as contact prints on silk, wool and linen.

What is your earliest creative memory?

I have always needed to express myself creatively - if I didn't have paper I would doodle on my legs... I can remember drawing patterns around my numerous mosquito bites! I still have drawings I did when I was five of decorative plants and birds soaring in the sky.

What is your background and what is it that you do? After nearly 20 years of creative teaching and inspiring others to express themselves through art and nature, I decided to begin a new chapter with me and myself, expressing my own creativity by designing and making accessories that don't cost the earth with my business Travelling Lite, and I am privileged to have a stall at the Saturday Nelson Market in New Zealand.

I use linen, silk and wool to make travelling accessories and dye them with plants from our

garden and food forest and a couple of my favourite trees in the local area.

Describe the people/places/idols/situations that have shaped your creativity:

I had a wonderful art teacher in Zimbabwe called Mrs. Fitzgerald. We did huge still life paintings and 2m long batiks - always of a natural theme. She pointed out never to use black paint but to observe carefully the colours that really make shadows and form.

After completing my Bachelor of Arts in Printed Textiles, I taught A Level Art at Bradford Girls Grammar School, UK. I was lucky to be involved in workshops organised by June Hill, Keeper of Costume, Bankfield Museum in Halifax - where contemporary artists and designers would exhibit and run workshops for our students including members of the 62 Group.

Explain the way in which you work

I work with natural materials, gently finished and spent plants, paper made from pre-loved linen and cotton garments, pigments and stains from the earth and treasures of the woodland.

What highlights have you had?

Loving my life, being able to express the nature and beauty around me to make a living. Currently, I appreciate and enjoy all the different people that I share conversations with at the Nelson Saturday Market each week.

Do you have any exciting plans for the future?

By allowing myself to sail my own creative ship, I can experience the freedom to think outside the box and express my love of nature and creativity in a truly sustainable process.

Advice for others finding their creative path:

Find your own expression and explore it through different mediums.

'One eye sees and the other eye feels'
- Paul Klee.

Find out more on her website:

www.travelling-lite.com





Conscious Living

With Guest **Hamish**

OFF-GRID WITH HAMISH

Tell Us a little bit about yourself:

I was living and working in Australia and finally realised I didn't like the heat and missed the mountains. It was an easy decision to return to the Nelson area where I grew up, and even easier at age 60 to decide to work part time.

I had always had a dream to live in an off grid house and try and live a low pollution lifestyle - more dream than practical preparation.

I had a wish list of the type of property I wanted. I found a block that ticked none of my criteria but was so amazing that I took it. It was ex-forestry land - a lot of tree stumps, blackberry and gorse and completely unserviced.

What off-grid features does your house have?

I had a list of desires that I took to the builder and architect, and then a list of other things that were suggested by my energy advisor, a couple of other people with knowledge of alternative systems, a geotechnical engineer, and a big mob of friends who had good ideas for a house.

My original list specified: off grid, photovoltaic panels, solar hot water heating, a stove with a wet back for Winter hot water, a back up generator, underfloor water pipes for heating, double glazing and above standard insulation, gas hobs in the kitchen and rainwater tanks for the water supply (2x25000L). Electricity was to be 240V in the house. Of course with all the contributions from various sources, the house ended up bigger than I imagined, but I knew very little and remain grateful to my advisors.

My water system is rainwater collection - the council regulations require a first flush system, with 20 micron and 1 micron filters and a uv sterilising lamp. I have expanded my storage to 100000L for the house and garden, and 50000L for a fire fighting reserve (another regulation for an unserviced house). I had become uncomfortable with the smaller reserve with a 12 week dry spell.

The hot water cylinder is 500L with three heat exchange coils - one from the rooftop solar water panels, one for the wetback on the stove and one





for the underfloor heating. There is also another fireplace in the lounge. However I did not think this through properly - if I was at work all day in Winter, I would get home to a cold house, no fire, cold hot water, and the stove would take an hour to have any effect on the hot water. *The system works if someone is at home all day stoking the fire.* I have added two gas heaters - fortunately gas was already piped in to the kitchen.

The photovoltaic panels feed through an inverter into a battery storage system; the inverter also converts the electricity to 240V AC for the house. Originally this was a 2kW inverter but it was too frequently insufficient and would trigger the generator to run the house. It has been replaced with a 4kW inverter which triggers the generator less.

The batteries are deep cell lead acid, and require regular top-ups with distilled water. I have become tired of lugging 20L containers of water so I am looking at changing the batteries even though they should be good for at least another 5 years.

At first I would turn on the generator manually when it was needed - this rapidly became onerous, so it was changed to trigger automatically. Ditto for the fuel - instead of carting jerry cans of diesel, I now have a 1000L tank which automatically feeds the generator.

The septic system is a passive system with a double tank and a large subsurface dispersal setup for the outflow.

Anything extra special that you have incorporated into your off-grid lifestyle?

I have a vegetable garden - fenced to inhibit rabbits, possums and wekas, which I hope will eventually return to this area. The berry patch was in a mesh enclosure to keep out birds and animals but allow bees. This was synthetic and the possums laughed, so it now has wire netting which is much more effective. The chook house also had to have an enclosure to protect them from hawks, stoats, feral cats and rats, so they are let out in the day and closed in at night.

I have a bigger block of land than I wished (24ha) so about 16ha is still in pine trees which will provide some income - not enough to support me, but certainly more than enough to cover the expenses of the property. However this income happens every 25years so you need sufficient reserve to allow for that. I have about 3ha of native revegetation, which is giving me a lot of pleasure, not to mention a lot of physical activity walking up and down hillsides doing weed control. It is just another opportunity to admire the views.

Have you had to make any adjustments to living an off-grid lifestyle?

I have adjusted to my energy system by usually doing things that require power during daylight hours, as this limits potential generator use. It is of course more difficult in winter. I have a program now so that I regularly get the chimneys swept, clean the septic filters, check the oil and water in the generator and have it serviced, top

up the diesel tank annually, change the filters and sterilising lamp for the water system, get the central heating system serviced, get firewood a year ahead so that it is completely dry.

This seemed like a massive task when I first started but you become very accustomed to the regular needs of off-grid living. The difficulty is when some fault occurs - you have to work out where the fault is, whether you need an electrician or a plumber or a generator technician or someone else, and then find someone to come to a somewhat isolated place who will have the knowledge to sort things for you. You get a new appreciation of why you pay so much for a town block.

Off grid life is not an economic decision - it is inevitably more expensive. Of course the technology is improving every year and prices are falling, so the economic aspect becomes less of a problem. I have been told we are not yet at the stage of price neutrality between an off grid system and a standard system. Mind you if energy prices keep increasing that may be closer than imagined.

A smaller place would be a cheaper setup. However I think the biggest factor is the improved technology available now and that everything has become cheaper.

What have been the highs and lows of living in an off-grid house?

For me one of the greatest benefits has been to

be able to live in a beautiful if slightly isolated spot, and enjoy the quiet. This is a wonderful relief after the noise of the workplace, and makes it very easy for me to have my times of contemplation and thankfulness to God.

If you had to do it again would you do anything differently?

I did not follow all my advice. I have much bigger windows to maximize the views and to enhance the feeling of light in the house. This comes with the disadvantage that Winter heating is more of an issue - a trade-off I am willing to make.

It is easy to think of things I would do differently now as the technology is much improved. Now I would build with LED lighting throughout - but this was not available then. I would rethink the heating so that the central heating could run effectively all the time. However, there is very little that I would change.

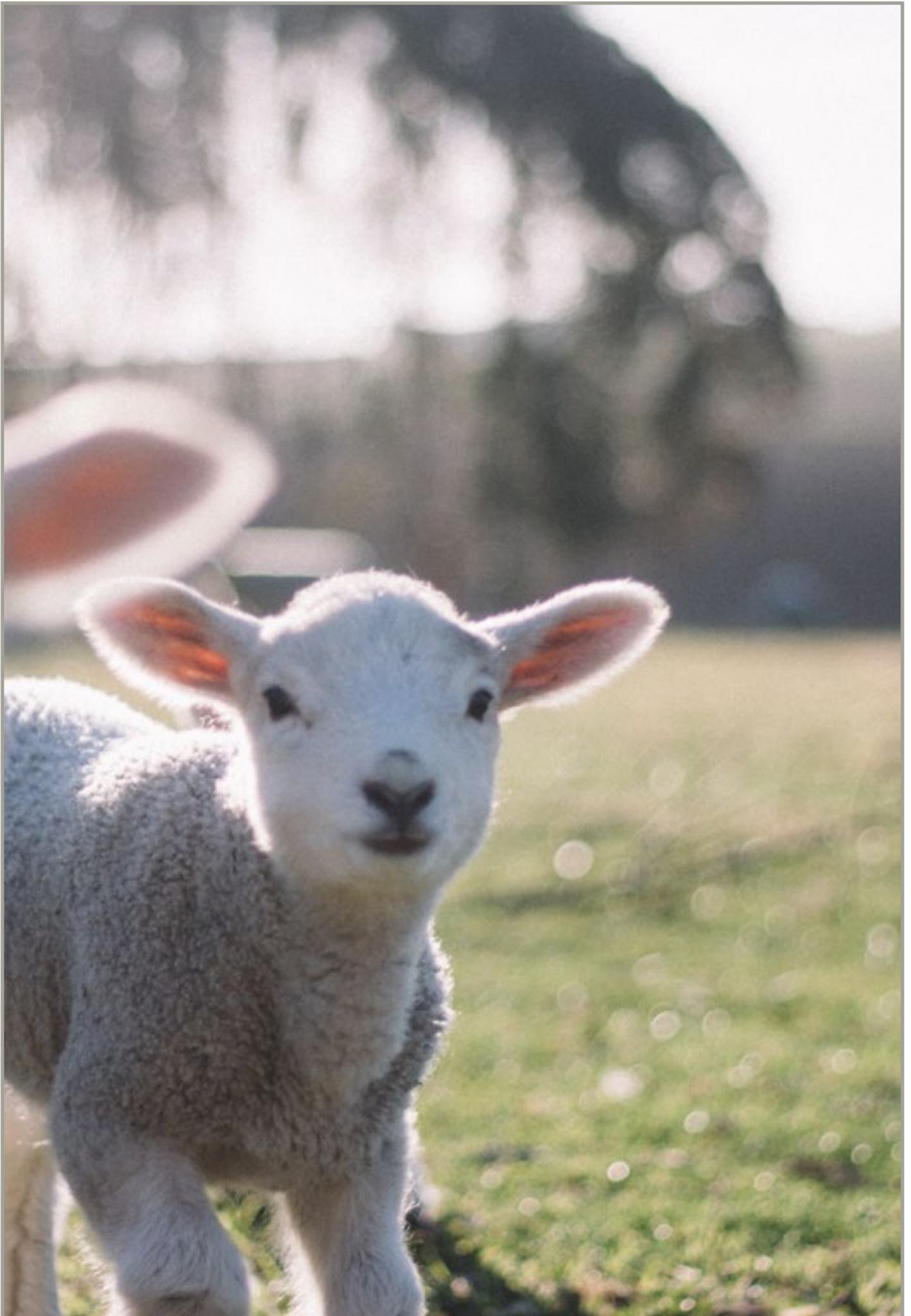
Advice for others considering off-grid living:

If anyone is thinking of going off grid, they should talk to others who have done it to find out the maintenance requirements.

Be prepared for sudden unexpected expenses.

However, the technology is continually improving, so you could spend years waiting for the next improvement; you may as well just do it.







Conscious Community

With Guest **Habitat For Humanity Nelson**

BUILDING FOUNDATIONS FOR A BETTER LIFE

WHO WE ARE

The concept that grew into Habitat for Humanity was born in the USA at Koinonia Farm, a small, interracial, Christian farming community. Koinonia Farm was founded in 1942 outside of Americus, Georgia, by farmer and biblical scholar Clarence Jordan and others to promote racial reconciliation.

Millard and Linda Fuller first visited Koinonia in 1965. They had recently left a successful business and an affluent lifestyle in Montgomery, Alabama, to begin a new life of Christian service.

At Koinonia, Millard and Fuller developed the concept of “partnership housing.” The concept centered on those in need of adequate shelter working side by side with volunteers to build simple, decent houses.

The houses would be built at no profit and interest would not be charged on the loans. Building costs would be financed by a revolving fund called “The Fund for Humanity.” The fund’s money would come from the new homeowners’ house payments, no-interest loans provided by supporters and money

earned by fundraising activities. The monies in the Fund for Humanity would be used to build more houses.

An open letter to the friends of Koinonia Farm told of the new future for Koinonia:

“What the poor need is not charity but capital, not caseworkers but co-workers. And what the rich need is a wise, honorable and just way of divesting themselves of their overabundance. The Fund for Humanity will meet both of these needs. Money for the fund will come from shared gifts by those who feel they have more than they need and from non-interest bearing loans from those who cannot afford to make a gift but who do want to provide working capital for the disinherited...The fund will give away no money. It is not a handout.”

In 1968, Koinonia laid out 42 half-acre house sites with four acres reserved as a community park and recreational area. Capital was donated from around the country to start the work. Homes were built and sold to families in need at no profit and no interest. The basic model of Habitat for Humanity was begun. In 1973, the Fullers decided to apply the Fund for Humanity concept in developing countries. The Fuller family moved to Mbandaka, Zaire, now the Democratic Republic of Congo. The Fullers’ goal was to offer affordable yet ad-



equate shelter to 2,000 people. After three years of hard work to launch a successful house building program, the Fullers returned to the United States.

In September 1976, Millard and Linda called together a group of supporters to discuss the future of their dream. Habitat for Humanity International as an organization was born at this meeting. The eight years that followed, vividly described in Millard Fuller's book, *Love in the Mortar Joints*, proved that the vision of a housing ministry was workable. Faith, hard work and direction set Habitat for Humanity on its successful course.

In 1984, Nobel Peace Prize laureate and former U.S. president Jimmy Carter and his wife Rosalynn took their first Habitat work trip, the Jimmy Carter Work Project, to New York City. Their personal involvement in Habitat's ministry brought the organization national visibility and sparked interest in Habitat's work across the nation.

Habitat for Humanity experienced a dramatic increase in the number of new affiliates around the country, and across the globe. Habitat for Humanity New Zealand was established in 1993 and soon after affiliates began appearing across New Zealand. Habitat for Humanity Nelson was established in 1996 under the chairmanship of Julian Shields and in 1998 Habitat Nelson's first home was built in Nelson.

Through the work of Habitat, hundreds of thousands of low-income families have found new hope in the form of affordable housing. Companies, churches, community groups, governments and others have joined together to successfully tackle a significant social problem – safe, decent, affordable housing for all. Today, Habitat for Humanity has built, rehabilitated and repaired homes for millions of people in thousands of communities in North America, Latin America and the Caribbean, Africa, Eastern and Western Europe, and throughout the Asia-Pacific region.

WHAT WE DO

Habitat for Humanity builds brighter futures, strong foundations, healthier children and stronger families. Anchored by the vision that safe and affordable housing provides a path

out of poverty. Habitat globally has helped more than 13.2 million people obtain safe and decent housing, along with the strength, stability and independence to build better lives. Habitat brings people together to build homes, communities and hope. We have a policy of building with people in need regardless of race or religion.

With the help of thousands of volunteers each year, we build new homes, we repair and renovate houses to meet the needs of their occupants and we run social rental properties that make affordability housing accessible. Habitat's flagship programme is Assisted Home Ownership. Our Assisted Home Ownership programme is not a give-away programme. Families invest 500 hours of their time to build their own home or those of others. Once their home is completed the family makes affordable regular repayments to Habitat at a no profit basis. Our rent-then-buy model helps families build up a deposit which they can use when seeking independent finance and buy their home from Habitat.

Partner families' monthly payments go into a revolving fund held by Habitat. This fund is reinvested into the community, as it is used to build more homes for families in housing need.

The partnership with Habitat doesn't stop when the house is finished. Habitat works with the family from the time of selection and during the repayment period to provide assistance in the move towards home ownership. This covers areas such as home maintenance, monitoring repayments and other assistance as needed.

Since our inception, HFH Nelson have completed 24 houses through our Assisted Home Ownership programme, built three Affordable Rentals and purchased one Emergency House. In addition, we have organised and participated in upwards of six Global Village builds, as well as supporting many others from around NZ. Currently, we are working on a new build project in Motueka that we hope to begin either later this year or early 2020.

WHY WE DO IT

Habitat for Humanity's Vision is a world where everyone has a decent place to live,

however as a result of unaffordable housing, overcrowding issues and a poor housing stock 300,000 New Zealand families are living in unacceptable housing conditions.

The Universal Declaration of Human Rights affirms access to adequate housing as a vital part of human rights. Housing fulfills the basic human physical need for shelter but also satisfies social requirements. A house provides a centre for an individual and the basis for family life, emerging as an important symbol of social standing and aspirations.

Rents and house prices in New Zealand have increased over the past twenty years at a much faster rate than household incomes.

These days an average New Zealand house can cost six to eight times higher than household income, while three times is considered affordable.

Housing is a significant element of the household budget and an important determinant of the standard of living. The high cost of housing keeps families in a cycle of poverty, as insufficient income is left to meet other basic needs such as food, clothing, transport, medical care and education.

A large number of people on low incomes live in older housing stock, which are most often cold and damp. Lack of heating and insulation means that homes are ill-equipped to deal with winter temperatures. These poor conditions are linked to increased illnesses and infections, especially in young children. The flow-on effects from this unhealthy environment erodes families' hope and self-worth and impairs children's ability to succeed in school. In addition, cold, damp homes cost a lot to heat, which is unaffordable for many low-income families.

A simple, decent home is the foundation for a better life. Every individual and family whose life is enhanced by improved housing helps build the foundation for a better New Zealand. Just like food, clothing, education and medical care, housing is a basic human right. At Habitat we believe that a decent place to live can remove barriers to opportunity, success and health that otherwise might have been a part of a family's life for years.

An adequate environment fundamentally changes the foundation of a family. It builds stronger families, improved health and proper environments for children to study and grow. The end result often leads to families gaining new employment opportunities.

Research shows strong links between housing and physical health, mental health, educational achievements and lower crime rates. Improved housing positively impacts all these factors within a family's life. These outcomes benefit not only the family but the wider community, the economy, and society as a whole.

Addressing the housing issue is more than an act of charity, it is an investment in the future of our society.

HOW CAN YOU HELP

Volunteer – we have a variety of opportunities available from driving building to retail, fundraising or advocacy. If you are keen to get involved please contact us by giving us a ring on 545 0050 or by sending us an email to nelson@habitat.org.nz – we'd love to hear from you!

Support our ReStores – support our ReStore second-hand charity shops by shopping or donating good-quality used items. We have two stores, one located in Motueka and one located in Nelson.

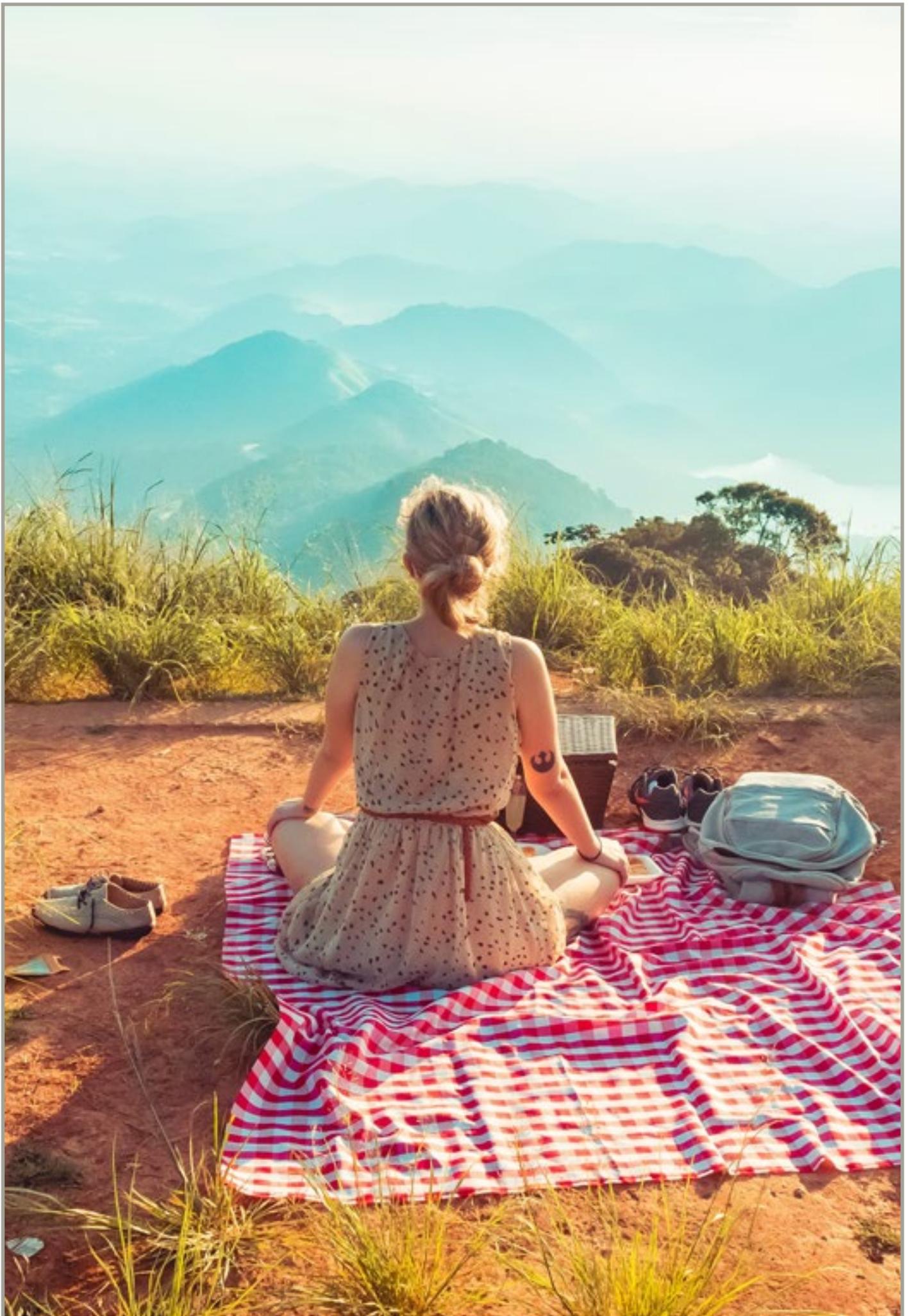
Donate – every donation helps local families into decent, secure housing. You can either make a one-off donation or set up a recurring monthly payment. If you would like to make a one-off donation our bank account number is 03-1355-0595976-00. Please use your name and 'donation' as a reference. If you would like to set up a recurring donation contact us on nelson@habitat.org.nz to arrange.

Newsletter – Email nelson@habitat.org.nz or call us on 03 545 0050 to sign up to receive our quarterly newsletter and stay up to date with what we're doing in the Nelson Tasman region.

Social Media – Follow us on Facebook and Instagram

Find out more on their website:
www.habitat.org.nz







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Divine Guidance

With **Michelle Cotton**

YOU ARE YOUR OWN GURU

Welcome on this journey of experiencing your own light within. It is a great time to gain insight and knowledge, all the searching and seeking from teachers and gurus across the world is bringing the truth back to you, by understanding that you are your own guru. You have everything you need within your being already, it's your life's work to re-connect with it.

Allow yourself to sit quietly and just breathe, let your mind slow down and bring your attention within. When you allow yourself the freedom to focus inward you are working on re-connecting with your guru. It can take a lot of practice and continued effort of being mindful to hold your attention inward, so don't stress yourself out when you are starting and you think you're doing something wrong, just bring your focus back inward whenever you find you are drifting outside of yourself.

Be kind and gentle to yourself through this process, it takes time to unlearn the conditioning most of you have grown up with, the reward is well worth the effort - experiencing the void, the nothingness that is connected to everything - an inner connection to your own truth, knowing the true gift of life, and living your life's true purpose, how does it get better than that?

By giving yourself this opportunity to nurture your own wellbeing and experiences, you will know if the time is right for you. You will feel drawn onto this path by divine synchronicities (highlighting the obvious one... *that you are reading this article*).

It will be one of many small signs on the path... hearing people talk about spirituality, that suddenly starts to interest you, a new curiosity is born; for some people, it's a big scare in health, or a big loss - all of these aspects can trigger a shift in focus, creating a new path and looking for answers to questions that can't be found elsewhere - this begins the journey in the spiritual direction.

Some people just start being drawn towards people, books and opportunities connected to spiritual opportunities, this leads you into being made aware of living in harmony with body, mind and spirit - your connection to the divine.

When you are experiencing the joy of the void, when in the state of wholeness, you will understand it fully as it's an experience to be had not easily described in words.

Some people spend many years searching outside of themselves, believing they can achieve a state of enlightenment through a teacher or a guru. The truth is that you have the light already within you - no other being can make it happen for you. There is assistance in learning to meditate to assist yourself in the process and there are many healers like the women we speak through (Michelle) that give assistance with healing facilitation sessions - these are for supporting you with clearing blocks within you that you're holding onto, whether from this lifetime or others.

Facilitators are helping you help yourself. For many, this can be helpful in slowing down and clearing the busy mind, by discharging the energy build up. Through facilitation you can be supported in letting go of emotional aspects and traumas, to take a breath and quiet the mind to feel if this is something that feels right for you to explore on your path.

There is no right or wrong way - it is different for every soul walking the earth plane. The path to enlightenment is connecting with yourself through your own awareness, learning to trust in your divine intelligence.

You can surrender your mind to the divine to help bring the calm quiet space within. As you allow yourself to get more comfortable and a natural flow happening, it will gradually lead you to your own self-realization. It has taken months for some and years for others, and then there are some that start the path and choose to stop, often coming back at a later time in life.

Have no expectations of your outcome, enjoy the experience of the journey,

If you take a look around at those you know following others beliefs, and putting others above themselves, valuing themselves below a teacher, guru, preacher - be aware of what you see and feel... notice for yourself the energy, is it lifting you up? Can you feel radiating light?

If a human implies they are above you or another, no matter what their qualifications or status, this is called the ego self, not an enlightened being. Be aware of what feels good for you and trust what is in alignment for you. You are all equal, you have the light within every one of you. Remember that dear ones, and within yourself you contain the loving light of the divine. If you feel drawn to connect with it, start to change your focus inward and just breathe, have no expectation of what you will experience, just breathe, relax and look inward.

You always have a choice in the way you wish to live in this lifetime - living is from inside.

We share this guidance to assist you in finding inner peace. We believe in your ever-evolving world. The people living on earth at this time are raising the planetary vibration with the consciousness expanding more rapidly, it is important to know how to connect to Source yourself, that which is you, your own guru through your Self. Learn to go within and find your answers and truth.

Let go of following others and be your own guru, you are love, you are source energy and you definitely are a beautiful enlightened soul having a human experience living here on earth.

Learn to love you and let go of judgement of yourself and others, get to know the true you in the silence within. There is a state you will start to experience in small glimpses then with patience and persistence in letting go, surrendering to the nothingness, it will become longer and longer periods of this state, one of the words used to describe this state is Bliss.

Isaiah Sharing Divine Light on Your Journey with Divine Guidance through Michelle Cotton
Pure Vibration





A Magical Life

With **Elyse Santilli**

ASK FOR YOUR SIGNS FROM THE UNIVERSE

You may have encountered moments of synchronicity where something out-of-the-ordinary happens. Maybe you look up at the clock and the time is 11.11am or 4.44pm. Maybe you want a rare book and find it at the secondhand markets the next day.

One of the first times I encountered synchronicity was after reading the book *E-Squared* by Pam Grout. The book suggested doing an experiment where you ask for your signs from the Universe within 48 hours.

I ended up encountering a famous Scottish millionaire from a television show about entrepreneurship, at a small coffee shop in Sydney, while I happened to be writing in my journal about my plans to change careers and become an entrepreneur.

Since that moment, I have noticed more and more synchronicity and signs from the Universe in my life.

As part of my morning routine, I usually ask my soul to guide me for the day. I will typically set an intention from the book *A Course In Miracles*:

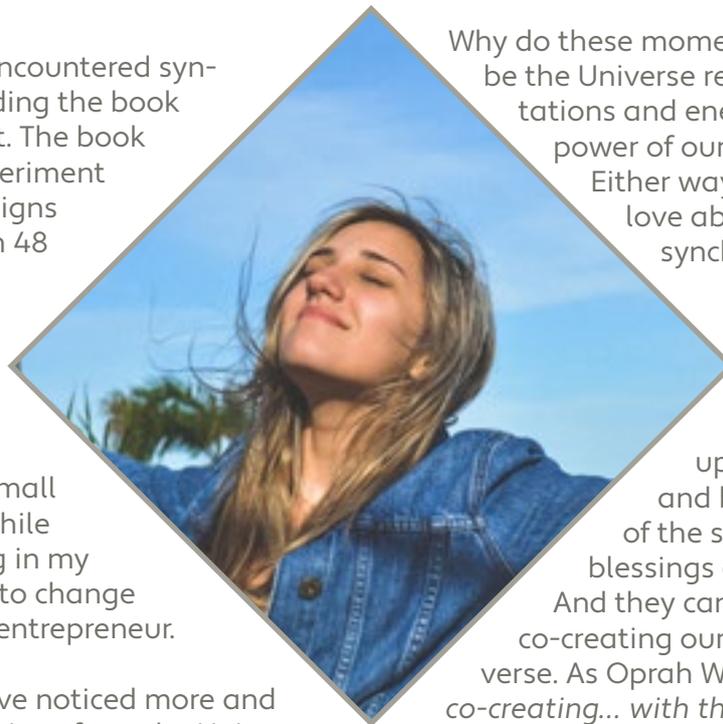
What would you have me do? Where would you have me go? What would you have me say? And to whom?

And sometimes, I will ask for a wink or sign from the Universe; a synchronicity to remind me of my alignment and connection. And then I surrender my attachment to it. This is key with manifestation - not needing it to happen.

Sometimes I will encounter dolphins at the beach, or an old friend, or a quote on a billboard,

or angel numbers like 333 and 777. Other times I have been given a gift, or found unexpected money, or heard a meaningful song at the right time.

These moments seem to happen the most when I am in alignment. That is, when I am meditating and practicing miracle-minded thinking and following my intuition.



Why do these moments happen? It could be the Universe responding to our expectations and energy. Or it could be the power of our subconscious mind. Either way, there is something I love about these moments of synchronicity.

They can remind us of our connection to our soul or higher self. They can help wake us up to the present moment and become more conscious of the sunrise, nature, and the blessings and magic around us. And they can remind us that we are co-creating our desires with the Universe. As Oprah Winfrey puts it: *"You are co-creating... with the ultimate creator."*

If this resonates with you, you might feel inspired to pay more attention to the synchronicity in your life, or ask for a wink from the Universe.

Elyse Santilli



Spiritual Development

With **Renae Bailey**

ENERGETIC SPRING CLEANING

While winter is the season of hibernation, and self care, in spring we emerge, just like nature does, to show the fruits of our winter sabbatical. You are no doubt aware of traditional spring cleaning where we are focused on cleaning our physical spaces. I wish to introduce you to energetic spring cleaning. To be honest though, this does not need to be confined just to spring.

There are a variety of ways to clear the energy in and around our spaces and ourselves. Choose the method(s) which resonate with you, and use when you are feeling guided to. You may be guided to switch it up as spring progresses using most, or even all of the methods below.

Diffuse Essential Oils

- Lemongrass is a powerful tool in cleansing the energy within a space. It also encourages those with hoarding tendencies to courageously let go of everything they no longer need, so it's a great one to use when decluttering.

Use Incense Sticks - Find a quality Frankincense incense. Allow the smoke to permeate the room, then open the windows allowing the smoke and wind to transport the energies out of the space. Frankincense is a powerful tool for raising the vibration in a space. Sage can also be used in the same way. Sage will clear the lower vibrational energies out. Be sure to catch the ashes as they fall. I use a half pawa shell for this, but any heat proof container will do.

Invoke the Violet Flame - The Violet Flame has been gifted back to humanity to transmute lower energies to the light. Call on St. Germain and the Violet Fire to blaze through your home, clearing and transmuting all that is needed. You may visualise a purple flame traveling through your space as required. You can also utilise the Violet Fire as protection around your property boundaries.

Call in Archangel Michael - He is able to assist us with many things, but only if we ask. This is the planet of free-will choice, so the Beings of Light are not allowed to interfere without our permission. Invite Archangel Michael to bring his flaming blue sword to remove any cords and attachments from your energy field which are no longer serving you.

The Seekers - no, not the Australian music group from the 60's/70's, but a specialist team residing in the quantum that you are able to call upon. *"Seekers Activate. Enter this building/room/yard (insert as appropriate) removing all that does not belong. If it refuses to leave, eliminate. Activate"*

Open the windows - A simple way to clear out stagnant energy - allowing the sun and the breeze to sweep through your space, moving the older energy out fresh energy in.

Declutter - While decluttering cleanses on a physical level, it also serves to clear our space energetically. Removing possessions that no longer spark joy (a la Marie Kondo), or just removing bits and bobs past their use-by date, does wonders for shifting stagnant energy from our homes, as well as assisting us in feeling lighter and more free.

There are many books and websites dedicated to decluttering, so if this is a clearing method which resonates to you, there is no shortage of information out there. There are of course many more methods. Some of these delve a little deeper, removing entities and spirits, which generally require someone who has specific experience with this. However, these ways I have shared, are useful for basic energetic space clearing and can be done on a weekly or even daily basis if you are guided to.

Renae Bailey
Healing with Renae





HEALTH & WELLBEING

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SPECIAL FEATURE





MARTI WILLIS

LunaBloom

Drawing on 17 years of massage therapy and holistic treatments and techniques, Marta nurtures women emotionally, physically and spiritually to achieve ease, grace and joy in their pregnancy through to early motherhood.

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SARAH CURCIO

Mother

A mother, wife, yogi, foodie and lover of knowledge, Sarah does her best to live an environmentally conscious life. Since having her first daughter, she has become a passionate advocate for local maternity consumer rights.

N/A



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Alison is the creator of Embodied Brilliance™, a curriculum that nurtures the authentic, Soulful expression of children. She also has 20 years experience as a pediatric occupational therapist and intuitive energy healer.

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EMMA FREW-TOBAIWA

Shine With Emma

A children's yoga and mindfulness facilitator, mindfulness resource designer and Reiki healer, Emma is passionate about consciously living a happier and healthier lifestyle and inspiring and supporting others to do so too.

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MARIETTE ZOEPPRITZ

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An early childhood teacher and Reiki practitioner, Mariette has a passion for exploring aspects of holistic wellbeing and supporting others on their journey to living a fulfilled, authentic life - true to their higher calling.

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CLAIRE GRAY

Mother

A first-time, full-time mum, Claire also works for Tearfund and as a volunteer in other roles addressing global injustices like poverty and inequality - which is why as a mum, having a low environmental impact is a high priority.

N/A



Motherhood

With Guest **Marti Willis**

6 MINDFUL STEPS TOWARDS A MORE BALANCED POSTPARTUM

Now that you're home with your precious little one, the first days of the oxytocin high might be slowly easing off. So, what can you do to keep your energy up? How can you make this sensitive time more joyful for you, your baby and the rest of your family? Here are some useful tips on how to create a postpartum haven where you can focus on falling in love with your baby.

1 - CREATE SOME 'ME' TIME

As hard as it is to imagine putting yourself first when you have a new baby, it's a must-do! Have a hot bath infused with yummy smelling healing herbs followed by applying beautiful organic body products to nurture your skin, body and soul. My favourites are the soothing peri spray and peri balm, and rosehip oil for the tummy and face. Little self-care pamper sessions can make all the difference to your mental health. *Taking a moment for yourself to breathe and relax will give you the strength you need to get through.*

2 - A 'FOOD TREE' FOR SUPPORT

Healthy, nourishing food is key to getting through postpartum times with enough energy but it's easy to slip up when you're juggling a new baby. Remember, your family and friends are happy to help so consider creating a 'food tree', where each day someone in your community cooks slightly more food than they normally do for dinner and drops off a portion for you. *It can take some organising but don't be scared to ask a close friend, family member or postpartum doula to take care of it.*

3 - SNUGGLE AND REST

Try to avoid getting caught up in keeping the house clean and tidy and entertaining guests. This time is for you and your baby so snuggle up in a warm room together and sleep, cuddle and

feed. Let others nourish and nurture you – reach out to family and friends if you have older kids.

As hard as it is to ignore dishes and washing when baby sleeps, try and sleep when they do as much as possible. Even if you just close your eyes for 15 minutes, it will calm the nervous system and give you a little energy boost. Keeping the baby close will enhance your magical bond. They've been in your tummy for nine months with plenty of skin on skin contact so snuggling is a great way to ease them into the outside

world. Holding and massaging your baby while gently humming will soothe you both into a state of bliss.



4 - DON'T COMPARE

Each and every baby is different, just like every household and life journey. If you have more than one child, you'll know how different even they can be! Comparing you and your baby to others will only create stress you don't need. You are a beautiful, capable, competent mother. If you're having difficulty at any time, focus on one task at a time, and ask for help when you need it – people understand! Every household has its ups and downs but not everyone 'shows' it as it is. Don't turn to social media for comparisons, just focus on you and your precious one, the perfect little team. *Remember, they chose you for a reason!*

5 - BE GENTLE WITH YOURSELF

Every mama has times when they feel they can't cope. Times when sleep deprivation reaches a whole new level and a crying baby makes them want to run for the hills. We've all been there.

Remember, you are doing the best you can in the best possible way.

When you are in the first weeks or months of your baby's life, it's hard to imagine a time when things will be different – but they change before you know it. These days are challenging and being on demand 24/7 is hard work and some-

thing you've never done before. But these days are also beautiful so celebrate the little wins (that are actually huge!) because it's those magic moments that will get you through. *As you fiercely and unconditionally love your baby, keep in mind the saying - 'We can't pour from an empty cup'. Be kind to yourself.*

6 - GET SUNSHINE AND FRESH AIR

Here in New Zealand, we're blessed with loads of sunshine - even in winter. If you enjoy the outdoors, get outside with your baby or on your own - even if it's just to your backyard. Turn your face to the sun and soak up all that beautiful vitamin D. Take a deep hearty breath, pause, then exhale all the tension of the day. Daily walks after the first 40 days (or when it's right for you) can be life saving. Find someone to be your walking buddy. *It's not only a gentle way of introducing exercise to your beautiful postpartum body, it will make you feel good to walk under the sun with a soul sister (who's no doubt as sleep deprived as you are!).*

Marta Willis

LunaBloom

(Images and text supplied by Marta. Originally posted on her blog on February 27, 2019)







Motherhood

With Guest **Marti Willis**

THE ESSENCE OF MOTHER HONOURING

As a new Mother I ached to be held, nourished and taken care of. To be supported at a time when everything was new, confusing and seen through very sleep-deprived eyes.

When I had my babies, I didn't get much help or support (apart from my amazing husband, but he was working full time) and people saw me as someone who 'has it all and can cope with anything'.

But I didn't. The lack of sleep was tough, really tough, and as a qualified midwife and massage therapist, I realised there had to be more ways to honour Mothers at this time and so my search began....

What is Mother Honouring?

Mother Honouring is the practice of keeping a woman warm immediately after birth and in the first few weeks following birth. It rejuvenates her body, helps her to focus and connect with her newborn baby and nourishes her back into being. It also seals up emotional, physical and spiritual gateways that have been opened by birth. Mother Honouring services include healing massage, herbal support and warmth, through binding the womb space, warm teas, herbal baths and herbal tummy paste application.

For me, it's all about putting the mother in the sacred centre to give them a sense of coming home, just as I received during my journey to learn about these sacred practices.

Why do Mama's love it?

Warming, nourishing and nurturing. It helps women regain their emotional and physical balance through a deep heart-centred ceremony carried out in a conscious way. It's a combination of soft voice, gentle touch, healing hands and a listening ear in a soulfully designed and prepared environment.

I hand craft all of my balms, tinctures, teas and

all remedies used in the honouring ceremonies, which reconnects me to my deeply planted, inner wise woman tradition. This is a sacred connection with each and every substance being used and all ingredients are pure and organic. It's such a delicate spiritual time that deserves humility, expert care and warmth to help the mother heal and seal her birth story.

It is a sacred vow to women to be there for them, and to hold their hand during their special transition from maiden to mother. It is truly my privilege to being able to hold this healing space for others.

What about belly binding?

Belly Binding, one of my favourite part of Sacred Mother Honouring Ceremony, involves gently but tightly binding a woman's belly shortly after giving birth. It's a ceremonial act with the pure intention of honouring the woman. The ceremony starts with a gentle massage of the tummy using warming oils, which is followed by a firming paste application and then the belly binding itself. The tradition of Bengkung Belly Binding, which originated in Malaysia, can be found around the world in various forms.

Sacred Belly Binding aids in warming and closing the body post-birth. The most beautiful thing about this ceremony, is that it's designed especially for new mothers! People experience a higher realm closure of their birthing story, even many years after their actual birth so it is healing on many levels.

Every mother deserves to be acknowledged for their incredible life-creating powers and Postpartum Mother Honouring ceremonies do just that, in an uplifting and magical way.

Marta Willis
LunaBloom

(Images and text supplied by Marta. Originally posted on her blog on May 13, 2018)





A Nurtured Life

With **Mariette Zoeppritz**

CONNECTING FROM THE HEART

"The relationship is all. It is a matter of life to the child." - Dr Emmi Pikler

Studies into brain development show that responsive care through secure and loving relationships provide a strong foundation for children to flourish and grow into kind, caring, independent and resilient adults.

Isn't this what we want for our children?

To grow into people who are able to take care of their own wellbeing, show resilience and strength in the face of adversity, treat each other with kindness and love, and live a life that is authentic and fulfilling to them. But how can we create the relationships that support this as parents, grandparents, early childhood teachers or in whatever other capacity we engage with children?

I believe that two of the main ingredients to connecting to children from the heart are the way we are with the child and the image we hold of the child. If, for example, we believe that infants are incapable of communicating their interests, needs or wants, we will make all the decisions for them thus teaching them that we know better and that their communication is of no value. If, on the other hand, we see the infant as capable and communicative, we observe and listen for their cues and needs.

Some of their needs they may communicate by crying but the more closely we observe, the more attention we give their non-verbal expressions, the more we will understand what it is they are communicating with us. It is then up to us to respond to their needs and wants from the heart.

As they grow into toddlers, we can view some of their behaviour as "naughty" or "bad" or we can look at what unmet need is driving the

behaviour and find ways to support the child through the strong emotions that they are experiencing. This can be very difficult in our culture that does view children as "naughty".

When I was beginning my journey of working with children, I was often told that I should not be this loving or caring to the children and that I was spoiling them when I gave them a hug when they were really upset about something that might not have seemed to be a big deal to the other adult.



But aren't we all craving to be loved for who we are no matter what? And for children, experiencing this love lays the foundation for their future wellbeing as well as their capacity to show and express love and care themselves.

Treating children as equal partners in the relationship, being fully present in our interactions with them and allowing our heart to guide us in the decisions we make in our interactions, allows us to fully connect from the heart.

They thrive through the love and kindness which we show them in thought, deed, and word. Being connected on this level takes courage from us though, especially when people around us do not understand or believe in the importance of being heart-focused in our interactions with children. For the children, however, our kindness, love, and care make all the difference.

"The truth is, you cannot love yourself unless you have been loved and are loved. The capacity to love cannot be built in isolation."

- Dr Bruce Perry

Mariette Zoeppritz
Seeds of Peace NZ



Motherhood

With Guest **Sarah Curcio**

REFLECTING ON MY TRANSITION TO MOTHERHOOD

As my daughter's first birthday draws near, I find myself reflecting on all of the profound changes that have occurred over the last several months.

My own transition through matrescence into motherhood has been one that I have attempted to nurture by following my instincts as well as surrounding myself with information and connections that support my values. I feel I have become a new and better version of myself because of this change and can honestly say I would not change a single thing about my experience, every step and challenge has helped me in some way.

If you had asked me a few years ago what my style of parenting might be I probably would have laughed and painted a picture of what is considered the societal “norm” for Western, Educated, Industrialized, Rich, Democratic (otherwise known as WEIRD) societies. While there is technically nothing wrong with the ideas of motherhood projected in societies such as ours, many of them set the expectation that my lifestyle would be mostly unchanged, that becoming a mother is just something that happens and then you pretty much just go back to normal. That certainly has not been my experience.

Soon after discovering I was pregnant, I found myself not only questioning, but actively challenging many of these ideas. I was lucky enough to receive continuity of midwifery care, meaning that I saw the same midwife for all of my appointments during pregnancy; she was present for the birth of my daughter and provided follow up care by visiting us at home for the first 6 weeks postpartum. This meant I was able to form a relationship with her built on trust and throughout my experience I felt completely supported and ultimately empowered. My husband will roll his eyes and tell you I read just about every book on pregnancy, birth and parenting that exists as well as eagerly attending my maternity appointments with lists of questions. I learned

about things like hypno-birthing, delayed cord clamping, the golden hour directly after birth, the benefits of natural term breastfeeding and the anthropological studies into the mother-baby dyad such as the continuum concept. My values and beliefs around what it meant to become a parent changed. By embracing knowledge and having realistic expectations I feel I was able to better prepare for and be in control of my birth experience and becoming a parent.

After my daughter was born I fully embraced motherhood and was enthusiastic about learning all that I could to parent in a way that felt right for both of us. I was attracted to concepts like attachment or evolutionary parenting and very quickly became passionate about co-sleeping and breastfeeding. Learning about biologically normal infant sleep helped me find comfort in the multiple night waking's, which still continue today. Watching my baby grow and providing her with responsive, respectful care became my world. I discovered things I had never heard of but made so much sense to me like Baby Led Weaning, Magda Gerber's RIE method and Elimination Communication. As I implemented these concepts into my parenting, I realised they not only worked but ultimately made our lives easier. I found myself asking why is the style of parenting I am doing so radically different to what I used to think?

While I totally accept that each mother and baby are different and the unique choices that are made by families are what's in their own best interests, I can't help but be disappointed in the conflicting expectations and huge amount of misinformation surrounding pregnancy, birth and parenting within our culture. As society puts more and more pressure on parents (but particularly mothers) it seems we are creating so many problems and causing unnecessary stress. Without the tremendous support I received from my midwife, husband and family through this journey I am sure I would have found myself doubting my abilities and less inclined to explore the alternative ideas that I have come to practice. It's not always easy to do things differently but I will continue to follow my instincts on this

journey of motherhood and in doing so find my tribe of likeminded mothers.

My hope is that all women feel supported as I was through their matrescence and can come together to share their experiences and knowledge openly. Because support without judgement and the sharing of information is how we all grow and maybe one day the culture around motherhood will change too.

Sarah Curcio
Mother

Glossary of Terms + Helpful Links

- ♥ *Matrescence: A term used by reproductive specialist Alexander Sacks to describe the natural progression and transition into motherhood - listen to her Ted Talk [here](#)*
- ♥ *Natural Term Breastfeeding: allowing the child to decide when he or she is finished weaning. Learn more [here](#).*
- ♥ *Continuum Concept: According to Jean Liedloff, it is the idea that in order to achieve optimal physical, mental and emotional development, human beings – especially babies – require the kind of experience to which our species adapted during the long process of our evolution. Learn more about it [here](#).*
- ♥ *Co-Sleeping: essentially means sleeping in close proximity to your child. It may be in the same bed or just in the same room. Learn more [here](#).*
- ♥ *Biologically Normal Infant Sleep: The Beyond Sleep Training Project advocates for responsive, gentle and peaceful parenting from birth onward. Learn more [here](#).*
- ♥ *Baby Led Weaning: quite simply, means letting your child feed themselves from the very start of weaning. Learn more [here](#).*
- ♥ *Magda Gerber's RIE Method: We not only respect babies, we demonstrate our respect every time we interact with them. Respecting a child means treating even the youngest infant as a unique human being, not as an object. Learn more [here](#).*
- ♥ *Elimination Communication: a gentle, non-coercive way to respond to a baby's natural hygiene needs, from as early as birth. Learn more [here](#).*





Motherhood

With Guest **Claire Gray**

THE BEST OF INTENTIONS

When I found out I was going to become a mum, there was one thing I knew for sure: I wanted to minimize the environmental impact of my baby from day one.

I was moving to a lifestyle block in the country, so as well as planning for reusable nappies and second-hand clothing, I had visions of growing organic veges, making preserves from the orchard produce to sell locally and my girl growing up feeding chickens and roaming the property.

As I write this, I'm three weeks into motherhood and my little one is sleeping blissfully (right in this moment) in a wrap on me (after keeping me awake since 3am).

I bet you're wondering, *"how is the organic-environmentally-low-waste-mum-life going now that reality has hit?"*

After a great start pre-baby, I have to admit there hasn't been any fruit-preserving or vege-growing in my life over the last three weeks. In fact, days go by where I only leave the lounge to go to the bathroom or laundry! But what has featured are reusable nappies, which is what I'm sharing my learnings about in this article.

My sister-in-law lent me two different types of reusable nappies for newborn babies. One type was 'All-in-One' newborn nappies and the other was 'Organic Prefold' diapers which I folded into diaper covers. (*My sister-in-law lives in America so all three are American products*). When my baby was one week old, I launched into the life of reusable nappies.

Things started off well. I preferred the look and ease of use of the 'All-in-Ones', but I only had six of those, which was not enough for the number of nappy changes I needed to make each day, so I also used the 'Prefold' diapers and covers. Earlier, I had used old tea towels and towels to make reusable nappy wipes, which meant my nappy changes were zero waste!

My system of having a large, waterproof storage bag in the laundry worked a treat for storing used nappies before washing and I quickly got into a rhythm of putting a load of nappies in the wash first thing each morning.

However, the smooth sailing was short lived...

My baby very quickly developed an awful nappy rash. On my midwife's advice, I used cornflour as a natural talcum powder, but it wasn't enough of a barrier and the rash continued to worsen. The midwife then suggested zinc and castor oil cream. Unfortunately, this cream wasn't compatible with the reusable nappies as the castor oil damages the absorbency. So, I very quickly found myself using disposable nappies. After a few conversations with my sister-in-law, I thought we decided that zinc and castor oil was fine to use with the reusable nappies after all so I resumed their use.

I soon realised that the rash was being caused by the 'Prefold' diapers which are organic cotton. It appears that this type of fabric doesn't pull the moisture away from baby's skin, and my girl's sensitive skin was reacting to the wetness.

I stopped using those nappies and soon the barrier cream, combined with some Bepanthen and a disposable nappy overnight, dealt to the rash.

A small hurdle overcome. Reusable nappies were turning out to require a little more perseverance, but I was determined to use them!

I soon had a new problem on my hands: leaking nappies. I was now solely using the 'All-in-Ones', but they were leaking everywhere. I'm talking four outfits a day for baby and changes of bedding after each sleep. I was drowning in washing!

As someone using reusable nappies for environmental reasons, I was beginning to feel that my footprint from hot washes and the clothes dryer (thanks to a very wet Winter) was negating any benefits of the reusable nappies.

After some diagnostic work with my sister-in-law, I realised that I had, unfortunately, ruined the absorbency of the nappies by using the zinc and castor oil cream (*which, it turns out, my sister-in-law hadn't said was fine... oh the joys of sleep deprivation*).

I won't lie: at this point, I seriously considered giving up. This was all much too difficult for week two of motherhood—especially after I contacted the 'All-in-Ones' company to ask if there was anything I could do to fix the nappies and they suggested scrubbing them with soap and a TOOTHBRUSH! I didn't have time for that! So, I took a break. Back to the disposable nappies until I felt like I could make another attempt.

And here I am, week three, I've scrubbed the nappies and washed them multiple times to remove soap residue. Today, I'll make another attempt with the 'All-in-Ones' reusable nappies. Wish me luck!

I've learned so far that breaking the mould of instant, convenient and disposable products is HARD. Disposable nappies are widely used for a reason. It takes effort, research and (in my case) multiple attempts to make reusable products work. I'm still 100% committed to the goal, though!

TOP TIPS:

1. If you're planning to use reusable nappies, buy one each of several brands and test them on your baby before committing to buying a whole set. With different styles and fabrics, you need to make sure that both the fit and the fabric suit your baby. You may have a baby who is sensitive to moisture, like mine, which will impact your choice!
2. Read the instructions! Even if my nappies had come with instructions, chances are I wouldn't have read them – I'm not a details person. But if you don't want to ruin your expensive purchase and end up scrubbing nappies with a toothbrush for hours, it pays to make sure you know what detergents and creams can be safely used with your nappies.
3. Be kind to yourself. If at first you fail, take a break, get some advice, do some research, summon your energy and try again!

I'm sure that my baby will thank me one day for making choices that have a positive impact on the planet she lives on.

Claire Gray
Mother







Embodied Awareness

With **Alison Elsberry**

HOW TO HELP CHILDREN BE COMFORTABLE IN THEIR OWN SKIN

Being in a body is a BIG adjustment for a child's Soul, so there's naturally going to be plenty of swirling emotions as they encounter things they don't yet understand... Adjusting to human life is a messy, miraculous and often unpredictable experience. It's an organic process that looks different for each child and everything they do, be and show you is unique to who they are.

Yet, the world we've created hasn't done a great job of welcoming, nurturing or even celebrating their real, authentic Soulful expression. They get told who they should be and how to act, through the belief that says things are good or bad, right or wrong, which causes them to love some aspects of themselves, while denying others.

That's a lot of pressure which can pull and push a child's energy out of their body, creating inner conflict, frustration, anxiety and confusion about what choices to make. When all they want is the freedom to be themselves and the peace and Love that comes with it.

Learning how to be at home IN their body is an important foundation for life. It's the avenue of expression for everything they do and be in this world, which requires an understanding of how to be in it. It's what children need to feel safe expressing who they are, so they navigate life in ways that are healthy and meaningful to their Soul.

Integrating into a body naturally happens through your 7 bodily senses: sight, sound, smell, taste, touch, body awareness and movement. The senses exist as part of a child's natural brain design and body development, influencing how they think, feel and move about in the world. They're the Soul's doorway IN to the body and can become a navigation point for life.

The senses also impact a child's creativity, social interactions, self-esteem and spiritual expression, which is why they're designed to work together and help children trust their intuition and use their gifts wisely.

Each one of the senses has its own language and tells a unique story about who a child is and what they need to flourish. Think of them as a language of communication that tells you what they need to be at home in their body and comfortable in their own skin.

It's one of the ways that their Soul speaks, through the messages and clues they send you on a daily basis. When you understand this language, the senses help explain everything, including what drives their actions, emotions, quirks and even their sensitivities and intuitive nature.

The senses clearly show you where they might be having a challenging time understanding the world around them, where something might feel uncomfortable or, where they feel in complete and total alignment.

They don't show you what's "wrong" or what needs to be fixed, saved or changed about a child. What the senses show you is where they could use more support so their needs are better recognized and validated. Then maybe, the layers of self-protection and the pressures to fit-in wouldn't be needed anymore because their true nature is understood and nourished in its real expression.

From this space, children can learn to have more fun living inside of their skin, everywhere they go - in all they do, be and create in this world. And trusting, knowing and loving who they are becomes a natural place for happiness to root, bloom and flourish within their body, mind and Soul.

There's a WHOLE language waiting to be discovered through the senses so you can recognize what a child needs and meet them exactly where they are, in ways that honor their Soul, because everything they show you, or choose to be and do, is worth getting to know.

Alison Elsberry
Embodied Brilliance



Early Childhood

With Guest **Emma Frew-Tobaiwa**

MINDFULNESS FOR CHILDREN

"I say I am and so I am!"

I wonder if I'd had access as a child to the power of positive affirmations and the knowledge and strategies surrounding mindfulness, would I have been better equipped to support my wellbeing throughout my life and manifest a more desirable mindset and lifestyle?

What if the adults nurturing me throughout my early years had information to research about brain development, self-regulation and the benefits of using mindfulness techniques from a young age?

Mindfulness may be the latest trend but I am so thankful that it is for our future generations! The increasing practice of mindfulness in our education system is exciting and I am honoured as an early childhood teacher and children's yoga facilitator to be a part of this movement.

Mindfulness is about paying attention to what is going on inside and outside of you. It involves learning strategies and techniques for controlling your 'monkey mind' - a term used to explain the constant chatter of thoughts, often negative, that affect our developing belief system. Undesirable feelings and behaviours associated with the monkey mind can be those such as agitation, restlessness and distraction.

Research shows that there are no benefits to getting children to rationalise when they are in a stressful situation. Instead children should be distracted by play involving a repetitive rhythmic activity that moves their muscle groups.

Dr Bruce Perry explains play is "*nature's greatest self-regulator*" and what better way to learn to self regulate than through a playful session of yoga.

Mindfulness techniques are great to teach children so that when they find themselves in challenging situation they are better equipped to self regulate and remain calm in response to stress.

Once a child has self regulated then it is the appropriate time to reconnect and rationally discuss what happened.

Some techniques and resources I have found effective for introducing mindfulness to children:

Reconnect with Nature

Take children outside and connecting with Papatuanuku. Nature is our way of being - we are all born out of the land. Without nature we could not breath. If all else is forgotten, remember everything comes back to the breath, this is our existence. Remind children how important a regular, slow and gentle breath is for activating their parasympathetic nervous system and bringing their being into a state of calm and peace.

A 'Be still' jar

A 'Be still' jar is a tangible and visual aid to support children in regulating their breath. The glitter in the jar is shaken up and then suspended in the liquid allowing children the time to concentrate on their breath and calm down whilst they watch the glitter settle to the bottom.

Children's Yoga

Children's yoga is a simple, fun and playful way to engage children in movement, postures and breathing that feels good promoting a positive transformation and state of well being on all levels (body/mind/spirit).

Positive Affirmations

Affirmations are positive thoughts and words used daily to replace any negative unhappy thoughts or perceptions. Research has shown that we learn our belief system as children.

Repeating positive affirmations to ourselves daily from a young age creates a rewarding belief system and holistic well-being for our entire lives.

I suggest starting a child's day with a positive affirmation from a pack of "I am" affirmation cards.

They can then repeat the affirmation to themselves throughout the day encouraging confi-

dence and focus and assisting them to remain grounded as they adapt to the day.

Mandala Dotting and Colouring

Mandala dotting and colouring provides the benefits of meditation - such as a deep sense of calm as one's attention is only directed towards the activity with a repetitive action and patterning.

The Mandala pattern symbolises the universe and is used as a visual icon to connect with ourselves creating feelings of peace, well-being and wholeness.

One feature of a Mandala dotted rock is its tactile stimulation. The paint is layered in such a way that it creates a stimulating sensation when the fingertips run over it. The fingertips have many nerve endings that provide information to our bodies about the world around us.

Emma Frew-Tobaiwa

Shine with Emma





An Empowered Life

With **Rose Aitken**

LOVING ADVICE TO MY TEEN SELF

My teenage years were excruciatingly painful. Fortunately, I've had the chance to heal my younger me and here is some of what I would have wanted her to know...

You are perfect, divinely beautiful and whole.

You are loved, worthy and capable of achieving all your dreams. The biggest block to you doing so, is not other people, it's what you tell yourself.

How you look by society's standards is irrelevant. How you talk to yourself inside is what truly matters as well as using your talents every day for your pleasure and your development.

NEVER make anyone else's opinion more important than yours

Others will say awful things to you. It's not a reflection of who you are, it's a reflection of them. The reason people say those things to you in particular is because you are sensitive and highly aware and that is not a wrongness, it is a strong-ness and what makes you so special, kind and caring.

In time, you will grow to see the untruth in those words, you will see the fear and self-loathing behind them and you will have compassion for those people.

Words have POWER.

The Universe works via energy. All words have an energy attached to them. Be careful when you make certain energies real and true for you by speaking words that are negative. Always state things in the BEST possible terms and tell the GREATEST story energetically that you can. Whatever energies you choose, the Universe will bring you more of.

You can be, do and have ANYTHING

All that burning ambition inside you will take you far, but you need to be your own best friend always, be kind to your body and keep your

thoughts light and happy. (In general of course, not when you are upset or processing something). If you can do this, you will arrive at your goals much sooner, with much more ease.

You are not alone and you are loved

We are operating from behind a veil of forgetfulness, which makes us think we are disconnected, vulnerable, alone and helpless. The last thing you are is helpless and you are surrounded by love and support from the unseen. Trust this ALWAYS.



Life has a perfect plan for you

Rather like a video game, you have certain challenges to overcome to get to the next level (although it is never linear and it is never done).

Your soul chose those challenges and they are perfect for you for this life time. This life time is part of a much bigger journey you are on and you are lucky to be here, in this body and on this planet.

You are here for a reason and the more you grow, expand and use your courage, the more will be revealed to you. You've got this!!!!

Ask for help/support/knowledge

Every time something causes you pain or there seems to be a never-ending issue that confounds you, feel into it. Allow it to overwhelm you, be present with it. Thank it for what it is showing you.

Then ask the Universe for help/support/knowledge/or the right people to help you change it. Nothing is bigger than you, but some things will test you so that you can grow.

Trust your knowing

Whenever you feel uncomfortable in a situation or event or with certain people, that is your awareness letting you know that thing is not for you. Honour that knowing whilst meeting your

obligations. Never decide you are wrong for feeling that way.

Honour your parents whether or not they can honour you

Forgive your parents for all the ways they trigger you and for all the things you didn't receive from them, that you needed. You have a contract with them to teach you certain things and they are delivering their end of the deal, to perfection.

Put those things aside and get on with your life the best way you know how. Believe you can and will heal when the time is right. At that point, you will disentangle from the past, understand those experiences and use them for your greatest good.

Learn to let things go

Anything that is painful contains a gift and information, which is able to be unraveled and revealed, when you are ready. However, let go of the ENERGY of that thing as soon afterwards as you can. The insight can come after.

Return all unwanted energy to wherever it originated from, asking for life to transmute into something else. Learn a system of letting go that allows you to move through life unencumbered and unburdened by people's nonsense.

Stay true to yourself, who you are and what you know

There is an inherent wisdom, knowing and common sense that is yours alone and it is immensely valuable if honoured and well applied. Be open to learn new things, but don't compromise you in the process. Don't give up your values to be accepted.

Learn the art of discernment

Not everyone is kind or caring or has your best interests at heart. Don't go around treating everyone as your friend. Some people aren't.

People won't necessarily share your perspectives or ability to reason and aren't always capable of recognizing Universal truth. That is okay, just get on with being you, it's none of your business.

Judgment sucks and creates pain

Don't judge others and ESPECIALLY don't judge you. We can only judge things we are or have done ourselves. Judgment doesn't help you become better or help anyone else either. It just keeps perpetuating more crap that everyone is trying to avoid.

Don't try to reason with people who inflict pain on you. Instead wonder why you feel pain and put your energy into clarifying that. Don't make other people's opinions more important than your own. That is the worst injustice you can do to yourself.

Perfectionism is a recipe for procrastination and misery

Give up perfectionism, it is one of the biggest wastes of your energy there is. Care, do your best, take care of the details to a great standard and then LET IT GO. Otherwise you are wasting time.

Treat your body well. Learn to connect with what it is telling you

Your body is like a radio antenna which is constantly aware of things. It will try to tell you stuff via pain or symptoms as it doesn't have a voice. If you can figure out the language of your body and honour it, your way forward will be so much easier.

Use humour and don't take yourself too seriously

Life is a grand old adventure. We are here to create, to expand, to commune with other souls and to grow. Don't take it too seriously. Spirit doesn't, why should you? I once had a friend say to me "Wear life like a loose garment". That made a lot of sense.

Be proud of who you are

You have much to offer the world. You are such a gift to the planet, to yourself and to others or you wouldn't be here. Keep going forwards no matter what. Learn to trust that things always work out well for you and they will. There is a bigger plan at play here and in time you will understand.

You are the divine embodied

You are capable, beautiful beyond your knowing and you have a loving heart. Always trust this. It will take you years to find out who you truly are and to connect with your soul purpose. It is magnificent and worth the pain. Try not to be hard on yourself in this process.

All is well, you are loved and you never walk alone.

Rose

Rose Aitken

(Original version posted on the Roseaitken.com blog - date unknown)



Inspiring People

By Amanda Sears

DR WAYNE DYER

Dr Wayne Dyer was an internationally renowned author and speaker in the fields of self-development and spiritual growth. He was born and raised in Detroit, Michigan and held a doctorate in educational counselling. His career as an author and speaker was launched in 1976 following the publication of his first successful book 'Your Erroneous Zones'.

Dr Wayne Dyer was born in 1940 and passed away in 2015. During his 75 years he impacted the lives of millions around the world through his workshops, books, TV shows, films and speaking events. He wrote more than 40 books, including 21 New York Times Bestsellers!

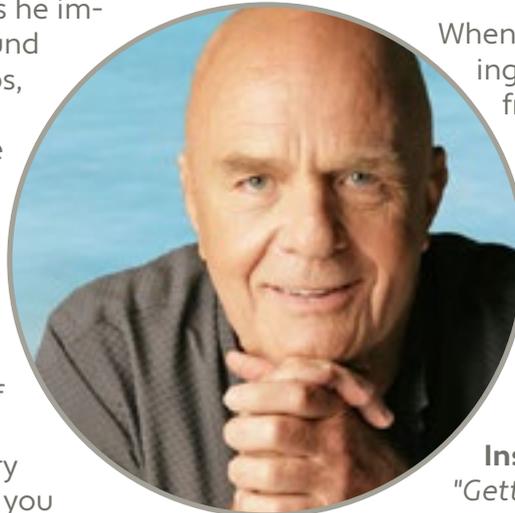
His teaching is easy to follow for anyone looking for guidance and he speaks easily and often candidly throughout all of his material - including a joyful, hilarious and wonderful story about a monarch butterfly that you can watch and listen to [here](#).

I have found Dr Wayne Dyer to be one of the most inspirational men I've followed in my self and spiritual development. In fact, it was his recent book 'Being in Balance' that put so many things in my life into perspective and guided me to understand that balance is one of the most important keys to our existence on Earth.

From the About page on his website:

[After publishing a string of best-selling books on the practical psychology of self-improvement, Dyer felt a shift occur in his thinking that led him to explore the spiritual aspects of human experience. "My purpose is to help people look at themselves and begin to shift their concepts," he said. "Remember, we are not our country, our race, or religion. We are eternal spirits. Seeing ourselves as spiritual beings without label is a way to transform the world and reach a sacred place for all of humanity."

Dyer was affectionately called the "father of motivation" by his fans. Despite a childhood spent in orphanages and foster homes, he overcame many obstacles to make his dreams come true and spent much of his life showing others how to do the same. His main message was that every person has the potential to live an extraordinary life. What's more, it's possible for every person to manifest their deepest desires—if they honor their inner divinity and consciously choose to live from their "Highest Self."



When not travelling the globe delivering his uplifting words, Dyer wrote from his home in Maui—enjoying the beauty of nature, his swims with the sea creatures, and happy visits from his children and grandchildren. In 2015, he left his body, returning to Infinite Source to embark on his next adventure.]

- Words from: drwaynedyer.com

Inspiring Words from Dr Dyer

"Getting in balance is not so much about adopting new strategies to change your behaviors, as it is about realigning yourself in all of your thoughts so as to create a balance between what you desire and how you conduct your life on a daily basis."

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."

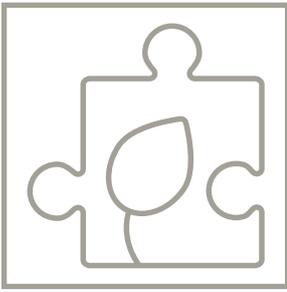
"When you are spiritually connected, you are not looking for occasions to be offended, and you are not judging and labeling others. You are in a state of grace in which you know you are connected to God and thus free from the effects of anyone or anything external to yourself."

"Change The Way You Look At Things And The Things You Look At Change"

Learn more about Dr Wayne Dyer here:

www.drwaynedyer.com

(Photo from www.facebook.com/drwaynedyer/)



My Journey So Far

With Guest **Kristin Paterson**

Tell us a little bit about yourself

I was born in small town in upstate New York in 1982. As a little girl I was made up of fairy dust and pure rocket fuel. A sign hung proudly from my bedroom door that stated 'Girls Can Do Anything'. At age 7 my family moved to a village of 100 in Southland and I grew up rarely wearing shoes and loving the rural life.

My husband Bruce, our two daughters, and I live in Hope, Tasman, NZ now. My husband and I run a building company together, I teach yoga, and I run a charity called Whole Lotta Life Foundation.

Describe the experiences that have shaped your journey

When I think about the experiences that have shaped my life, it is impossible to ignore the influence my two daughters (now aged 10 and 13) have had on my life and a diagnosis of cancer at age 26.

Both have completely changed the way I view the world and my place in it - and the lessons and challenges from both continue to unfold.

My children have brought such a wonderful purpose to my existence and my cancer has showed me in a very palpable way that I won't live forever, that none of us do, and both of these experiences keep me very in touch with the natural cycles of life.

I'm finding the biggest influence in my daily life and work at the moment is coming from the natural world. I love to spend hours immersed in nature, quietly observing the magic of everyday things that we generally take for granted like grass, bugs, ocean waves and sunlight.

Share with us the ways in which you have changed your life for the better

After my cancer diagnosis I did a lot of work on myself. I was terrified of the cancer coming back and felt it was my responsibility to do everything

in my power to get well again so that it couldn't come back. I read everything I could get my hands on that I felt might help on my journey to wellness.

The overload of information and the pressure that I was putting on myself to be perfect turned out to be more than I could bear.

About 3 years after my treatment I became fairly crippled by anxiety to the point where just leaving my house was a struggle. Grasping to find anything that could help me, I began to dive deeply into my yoga practice and started a 16 month yoga teacher training course. For me yoga became the turning point.

I learned to love my body again - a body that I had seen as a threat to my survival, as something that needed to be controlled and over-powered.

I began to see the magic of our biology, how miraculous it is that these wondrous bodies can do all that they can do - and most importantly I began to have fun in my body again.

I am so grateful for this practice, and for how it continues to guide me through all of life's challenges and seasons.

Tips or advice for others on their journey

Yoga and meditation brought me back to my biology and my physical body.

I learned to really listen deeply to the messages my body and my intuition send me.

They are never wrong.

The more I stay in tune with my physical body, the more at peace my mind is.





Healing Modalities

With Guest **Yvonne Harvey**

ORTHO BIONOMY

From 6 years old I wanted to become a nurse and help sick people get well. As I grew older and tried my hand at nursing and caring for the elderly in resthomes and in their own homes, I came to realise that a medical profession wasn't for me.

I started looking more at the natural therapies, which seemed to resonate more with me. I found people's discomfort could be eased without medications, so then I knew I was on the right path.

By chance, I had the opportunity to have an Ortho Bionomy session – which I had never heard of!! But it was a 'WOW' moment for me. I was hooked and hungry to learn more.

I have been learning and practising Ortho Bionomy for 5 years here in New Zealand and Australia.

Being able to ease a client's discomfort by gentle deliberate movements that re-position the body to naturally release the stress and pain patterns really excited me as no practitioner will force a client's body into any uncomfortable positions.

It's more about the practitioner helping to stimulate the client's body into remembering how best to care for itself.

It's less about the practitioner healing the client.

Therefore Ortho Bionomy can be performed on any age group from babies to the very old and the acute and chronic pain sufferers.

Ortho - means correct
Bio - is life
nomy - means the study of something

When they are put together Ortho Bionomy means the correct study of life.

Ortho Bionomy was developed by a British trained osteopath, Dr Arthur Lincoln Pauls, who discovered through injured martial arts students that by stimulating the body's reflexes for self-correction, the pain and tension can be relieved and a sense of relaxation and well-being can be restored.



As he said "*Ortho-Bionomy is really about understanding your whole life-cycle. We focus on structure because that is the literal skeleton upon which our life is built.*"

I personally work on myself at different times as I have a hip issue, which medical doctors say is from giving birth to my 4 children. So the self-help positions work well to keep me aligned and in balance with the rest of my body, which I must add, is improving greatly as time goes on.

Over the last 5 years I have eased many clients from their pains and tension by realigning and re-balancing their bodies with Ortho Bionomy – here are some examples:

- An elderly person confined to a wheelchair was able to stand with a high walking frame and take a few steps at a time.
- A baby of a few weeks old who couldn't roll their hips and legs up, after a couple of sessions was doing all the normal movements for that age.
- A young teenager with nerve issues in his

back where the nerves would grab and cause stabbing pains through lower back and legs so he couldn't move and at times confined him to a wheelchair or crutches. Quite often missing out on school. He was also a representative of his favourite sport which he could no longer play. His medical team said nothing could be done. After regular sessions of Ortho Bionomy he was back playing his beloved sport and attending school as if nothing had happened.

- A 15 month old with a limp. Two sessions and he was jumping around and became a happy smiley wee boy .
- A woman in her 20's had been suffering terrible migraines on regular basis for years had 3 sessions of OB and has now been migraine and headache free for 14 months.

These are just a few examples that I have personally helped along the way. It gives me so much excitement and joy to be able to help ease people's discomfort.

Some benefits of Ortho Bionomy are:

- reduces stress
- increase circulation
- alleviates pain
- muscles and joint problems
- arthritis
- fibromyalgia
- sciatica
- neck pain
- shoulder issues, etc

My other modalities are Reflexology, Massage and Reiki and the wonderful thing about Ortho Bionomy is that it can be incorporated with these other modalities very easily.

Yvonne Harvey

Harmony & Balance 4 Health

www.harmonybalance4health.co.nz





Sound Matters

With **John Du Four**

PART 4

The five sacred rhythms – you live them, time to cut loose and dance them

The five sacred rhythms is a paradigm outlined in the late '70s by the American dancer Gabrielle Roth, who was formative in the world of trance music and dance. She developed it after years of working with movement, personal growth and shamanism.

It caught on around the world and influenced many to offer healing experiences based on its core tenets. I discovered it in a workshop at a Christchurch healing festival in the '80s and knew immediately I was on to something profound.

It was beguilingly simple, utterly enjoyable and one of the most deeply effective tools for physical/emotional integration I'd ever come across.

Soon I was offering my take on the experience to others, at first using special dance mix-tapes (yes, it was that long ago) of tunes I copied from various artists' albums. Then I produced a CD of my own original music composed specifically to maximise the process's desired effects – I used this in workshops for many years.

As they say, what goes around comes around – these days with Spotify or Soundcloud anyone anywhere can easily assemble a playlist of songs that meet the criteria. Behold, the mix-tape triumphantly returns!

So I'd like to share with you what to look for – and why – so you can seek out and assemble your own personalised five sacred rhythms sampler, and then boogie on down.

It was Roth's belief that your body is the ground metaphor of your life, the expression of your ex-

perience; that everything that happens to you is stored and reflected in your body, and only when you truly inhabit your body can you begin the healing journey.

She recognised that many of us live outside ourselves, in our heads, our memories, our longings – *absentee landlords of our own estate*, was how she put it.

We can become stuck in particular grooves, disconnected from the waves and rhythms, the full cycles that comprise the ocean of our being. One way back into full living, thereby freeing up our vast potential for wellbeing, is through ecstatic dance.

We can simply dance out the five sacred rhythms, each in succession – Flowing, Staccato, Chaos, Lyrical and Stillness. By tuning into and moving through each of these musical rhythms, we unblock and liberate our bodies.

So allow me to briefly suggest what to look for in choosing your tracks, and how to think about your movements.

FLOWING

Find easy, gentle, flowing music that will allow you to become a continuum of movement. There are no sharp edges anywhere, only curves, endless circles of motion. Each gesture evolves into the next. Your body is a sea of waves, undulating with infinite shapes. Feel the weight of each movement in space. As Roth says, *dance through honey*.

STACCATO

You want lively upbeat music, something energetic, with regular beats at a pace that'll get your heart-rate up. Let the rhythm take hold of you, drive your movements in sharp, defined ways. Concentrate on your feet. Let your body fall into patterns – jerking, jabbing, jamming, as your torso twists and your feet pound.



CHAOS

This is the hardest music to hunt out (one of the reasons I created my own). You're after the most full-on musical cacophony you can find. The edgier, more shapeless and challenging, the better. It's time to go over the edge. Let yourself lose control, with motions that are erratic, impulsive, wild.

LYRICAL

Now land like a feather. Celebrate the lighter side of yourself. The storm of chaos has passed and you bathe in a sweet rainbow glow. The musical mood is light and airy, bouncy and delightful. Your playful feet hardly touch the ground. All is effortless. Enjoy the bright, breezy moves of joy and celebration.

STILLNESS

Subtle music for the subtlest of movements. The motion becomes inner. Move in super slow motion. Or maybe move, stop, move, stop. You might not move at all. Concentrate on your breathing. Sense the quiet, intense vitality deep within your body. Be a meditative mime artist, where every gesture's total and radiant.

Here are five Spotify tracks to help you on your way: *(But make your own playlists - it's fun!)*

- Flowing: Apne Hathon - Studio Radio Session, Najma
- Staccato: Immigrant Song - 1990 Remaster, Led Zeppelin
- Chaos: Hill, Kunst
- Lyrical: La Luna, Lucy Schwartz
- Stillness: American Beauty, Thomas Newman

John Du Four





Living Well

With **Amanda Sears**

HOW OUR CHOICES AND EXPERIENCES SHAPE OUR REALITY

The Journey So Far

I was born in 1986 and turned 33 in April - When I was about 6 I fell out of a tall tree and hit every branch on the way down but didn't cry because my sister asked me not to - that same sister led me to believe that I was the one who got tissue paper stuck in my ear when I was 6, only to tell me when I was 22 that it was her all along!

I enrolled for the army twice and the police, I've done automotive engineering, vet nursing, built fridges, electronic assembly work, worked at the SPCA in Auckland, Pak n Save, New World, a laundromat, Subway (for 6hrs), garden centres, a service station, pet shop, cattery, newspaper, telemarketing, cleaning, car grooming, ran a video store and did work experience at an animal research facility. I have studied small business management and have a Diploma in Freelance Journalism, a National Certificate in Vet Nursing, a Diploma in Arts and Media and a Diploma in Social Media Marketing. I went to Otago University for 2 weeks to become the first NZ dedicated Animal Welfare Lawyer... then changed my mind, sold everything I owned for a few hundred dollars and moved to Whangarei. I've worked for nice bosses and mean bosses and I've let people take advantage of me, but I've also stood my ground - including alone against a gang of youth to protect my friend.

I've moved cities, towns and even islands on a whim. At one point everything I owned could fit into my car and now I own a whole house! I've lived in Dunedin, Christchurch, Auckland, Whangarei, Rotorua, Whitianga and Nelson. I experienced the 1st Christchurch earthquake... I went to Thailand by myself for a month for muay thai kickboxing and even potentially saved a life! I was an alcoholic and a smoker. I fueled my body with takeaways and I partied hard and barely slept. I've had 9 surgeries, 8 pregnancy losses, 2 cancer scares, IBS, severe focal migraines, chronic fatigue syndrome, depression, metabolic acidosis, fibromyalgia and more... I've had a few

nervous breakdowns, long term chronic stress and anxiety and questionable post-traumatic-stress-disorder just from being alive!

I've seen counselors, spiritual healers, doctors and specialists. I've read books, watched documentaries and movies about practically everything! I've changed my mind and my style and who I am depending on my mood, thoughts and ideas.

I've lived in a gypsy caravan at a holiday park, in a van, a garage, a motel, in a flat on a mattress found on the side of the road, a tent in a friend's back yard, a cabin in the bush in Piha and even in a brand new apartment. I watched a giraffe get born and patted a zebra, snake and wombat and held a koala. I've personally had about 22 guinea pigs, 2 cats, 2 rabbits, a frog and a mouse. I have 12 tattoos and have had 13 cars!

I've won the highest score for a first time shooter at small bore rifle club in 60 years and I've been deer hunting, rabbit hunting and fishing - now I officially hunt street art and I'm the project manager for an upcoming street art festival!

I'm an artist and designer and I've had exhibitions and won an art award, a cover design competition and self-published 3 books and 2 emagazines, one called Creative Nelson and The Inspired Guide too!

I am now married, own a house, run my own business and manage multiple passion projects. I've worked on BIG events and with small businesses... I've been alive when there was NO INTERNET or CELL PHONES and have watched technology advance rapidly and the entire world become connected and abundant knowledge become accessible to everyone...

Why did I tell you that?

The point of telling you all of that is not for you to judge me or to form ideas about who I am based on your perceptions of my life in comparison to yours (but you can and that is ok). The point is to show you that I have truly lived, despite the MANY 'setbacks' and that I still con-



tinue to experience life to the best of my ability... which changes in capacity every day.

The point is to show you that I have had LOTS of choices and opportunities to go down different paths or let life get me down, and that all of those choices, made me who I am today and that all of your choices make you who you are and who you will become – and it is important to be conscious of that.

Your choices and experiences are the foundational stepping stones that build your future in every moment.

My choices made me adaptable, innovative, solutions focused and open-minded. Always able to see the silver-lining in any situation and keep positive through pain and adversity.

Searching for the Meaning of Life

For many years I searched for the meaning of life; who am I, what is my purpose, what career should I have, etc. I had many influential people offer advice and guidance like: take better care of yourself, pick something and stick at it, they would say things like *“no-one will hire you if you can’t hold down a job”* and *“slow down or you would’ve done everything by the time you are 18”*. Yet I always did what I wanted... and there is still so much more I want to do!

Their advice was based on their own experience of reality... sometimes good advice founded in love and knowledge (*that I should’ve listened too*) but also sometimes limiting advice based

on their ideas of how life should be - or even for some... their desire to control me.

After being forced to slow down over the last few years because of severe ill health, I had lots of time to think about my life so far, my choices, my priorities and how I wanted to live – and took the time to seek guidance from those who inspired me and invested in healing my mind, body and soul.

What finally became clear to me, was my purpose: *which is to experience life in all it’s glory and keep leveling up my ‘models of reality’ and ‘belief systems’ while leading by example to help others to grow through their own experiences.*

The Hero’s Journey

Even through all of my experiences I still find just existing overwhelming. I feel everything and see so much and still wonder where I fit in. How can I make positive change and be of service for a better world, full of love and peace and abundance when there is so much judgment and fear out there. Sometimes I want to hide away from it all and sometimes I want to stand up and fight. I choose to do both and take each day as it comes and as a new beginning.

To make better sense of life, I’ve started to look at it like a movie or a Role Playing Game where I am the hero in the story. I’m on an adventure with a special set of ‘gifts’ to use in the game and every person, interaction, ‘battle’ and experience offers information, lessons, and tools to grow those gifts, increase my awareness and get to the next level of life. This way of thinking

helps me through the tough times, where I feel alone or that the battle is too hard and I can't see a way out... then I remember that I am the hero in my story and there is ALWAYS a way forward and this is all just part of the Hero's Journey of life.

A big part of the journey is seeing the 'silver-lining' in even the most unpleasant, sad or painful situations - what can I learn from this, how can I grow from it or do it differently in the future, or what door does this open for me?

I am constantly learning and leveling up my life.

Adding to my toolkit by seeking out better ways of being, thinking, working and living. Making better choices by getting more informed and staying open-minded. I try to see stories from multiple viewpoints, research things I don't understand and learn more about cultures and behaviours that don't make sense to me, so I can be more informed and understanding.

By being more informed, we can make better choices... and the more informed we get, the different choices we make and the more our ideas change - there is so much possibility!

Words the have shaped me

Instead of giving you specific advice based on what worked for me - *because everybody is different and at different stages of life* - I want to give you some powerful words that have shaped my thoughts and beliefs that may also resonate with you.

Wayne Dyer - *"When you change the way you look at things, the things you look at change"*

Amanda Sears (me) - *"With great knowledge, comes great empowerment"*

Joseph Campbell - *"Follow your bliss and the universe will open doors where there were only walls"*

The Four Agreements by Don Miguel Ruiz: *Be Impeccable with your word, don't take anything personally, don't make assumptions and always do your best.*

My Secret to Doing So Much

So... the secret to how I do so much isn't just about planning, setting goals and being organised - it is about starting.

Stop waiting for something better, or something to change or someone to do something... just

start now... there is no better time than the present. You are enough right now and you can learn as you go.

JUST START and be open to the possibilities.

As Jim Carrey said *"Your job is not to figure out how it's going to happen for you, but to open the door in your mind and when the door opens in real life, just walk through it"*

Another important lesson I've learned is to keep life fun. Work doesn't need to be tedious or mundane, maybe you aren't in your dream role yet, or too young to get the job you want... just enjoy the ride, learn the lessons, take the opportunities, spend wisely and take care of yourself, mind, body AND soul above all else.

I learned the hard way that your *'health is your greatest wealth'* and the we only have one body, one vessel to carry us through our long, adventurous journey of life - and it makes a HUGE difference if your vessel is well-nourished with nutritious food, has a healthy liver and gets regular fresh air and movement in comparison to a couch potato full of alcohol, cigarettes and processed foods! TRUST ME!

However... you need to be conscious about EVERYTHING you consume - mentally, physically, energetically and emotionally, because it all affects you... maybe not right now, but it will...

We all have the power to create our own reality it is just a matter of choice.

Ralph Waldo Emerson said *"The only person you are destined to become is the person you decide to be."* and I say: dream big and let your imagination run free!

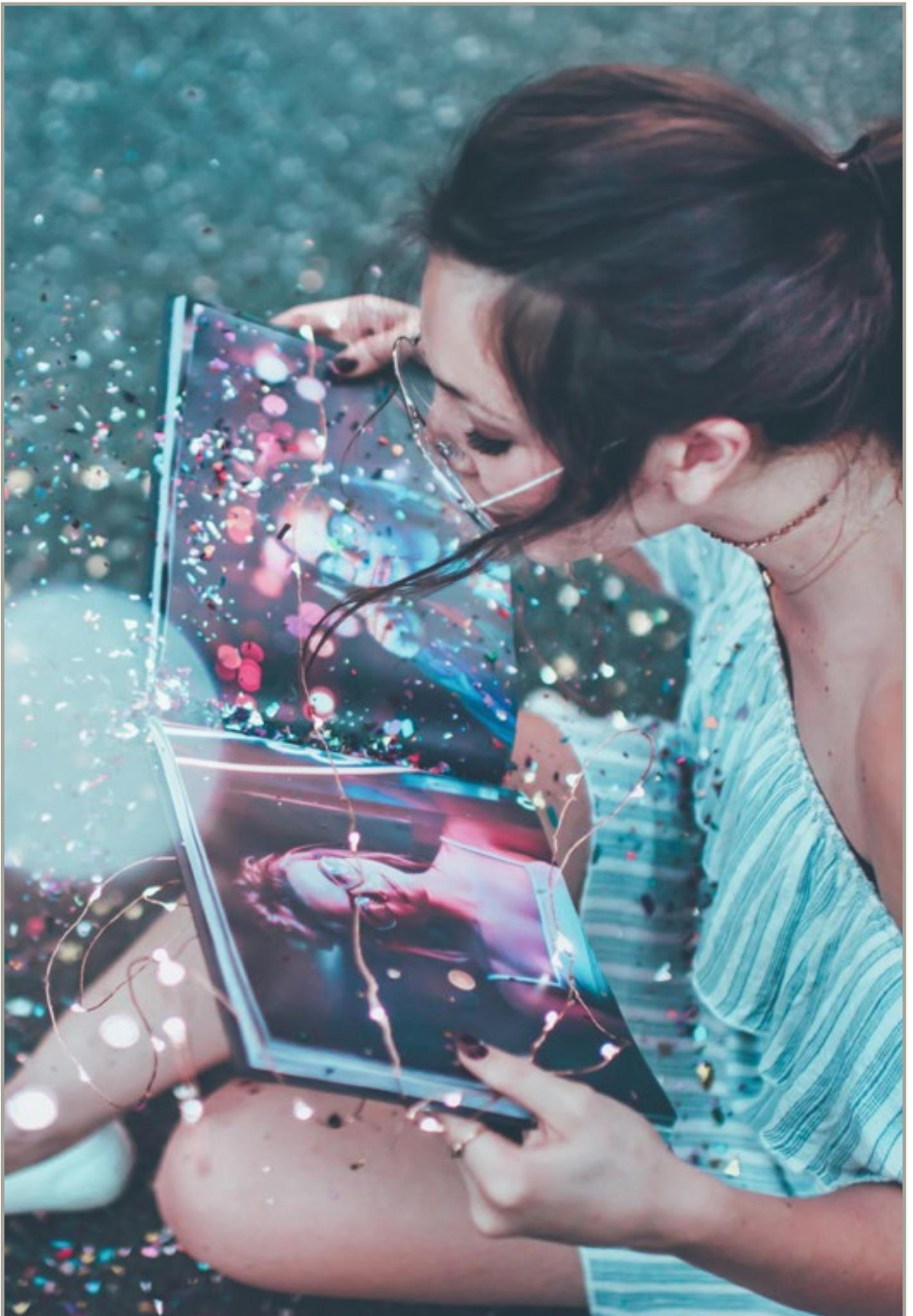
Don't define yourself by social 'norms'... Embrace you! Be bold! Be unique! Be YOU!

I'm 33, run my own successful business and own HEAPS of soft toys... even a 3 metre rainbow caterpillar called Doug. I choose to be a successful business woman, to see the blessings, believe in magic AND be a playful, imaginative human being. I choose to be me.

Thank You

Amanda Sears

(Adapted from the Young & Inspired Speech 18.5.19)





A Balanced Life

With **Sarah Jensen**

WHEN AM I MOST MYSELF?

This might be a really easy question for you to answer, or it might feel a little sticky or challenging for you – particularly if you spend a lot of your time caring for others, or it's been a while since you tuned in to who you are, what you like or what it means to be you.

Wherever you're at, it's OK. Be gentle and kind with yourself and take time to notice what's coming to mind when you read that question.

You might like to create a little head, heart, or physical space before you explore this prompt – perhaps take a few deep breaths, meditate if that's part of your practice, or do a moving meditation with a walk, spontaneous dance, or sing to your favourite song to shift some energy.

If you're feeling 'stuck in your head' (which as a recovering perfectionist I know I can get stuck there sometimes) visualise yourself getting into an elevator inside your head and imagine taking that elevator down to your heart, see the doors to the elevator open in your heart space (you might like to imagine it as green or pink, loving

energy) and feel yourself in your heart before you put pen to paper.

Or find a quiet space where you can take 10 – 20 minutes, shut the door (and if it feels good for you, pour a cuppa or a wine, light a candle or whatever feels beautiful for you) and sit with the prompt. Then put pen to paper and let the words flow.

Don't edit or censor, don't worry about whether or not they make sense, just write what you need to write.

Then take a little time to read it back and allow yourself to feel the truth of your responses.

From there, I invite you to find ways to – with ease and gentle, loving care – be more 'you' today, this week, and into your future. One baby step at a time, one choice at a time. Be you, lovely, because you are amazing and your true + wonderful self is ready to be seen.

Sarah
Sarah Jensen





Mindset Matters

With **Angela Cheruseo**

USING YOUR IMAGINATION TO PROPEL YOU TO YOUR DREAMS

Do we give ourselves permission to dream?

It seems for many of us as children we get told to “stop day dreaming”, “that’s just wishful thinking it won’t happen” or “you need to think of something more realistic”. These spoken words have squashed many of our dreams. The revelation we all desperately need to grasp is ‘If you can see it, you can have it!’ Science now tells us that all our potential travels in the form of energy waves in the unseen dimension – the Quantum Subatomic Level. It’s all available out there for us to be connected to but until it is observed (until it is seen in our imagination) it is not available. Sounds a little airy fairy but think about it, all the great inventions of our time started off first with an idea, a thought, a dream seen in their imagination as something possible before it became a reality!

To accomplish our dreams we need to:

Be the observer of our thoughts and beware of any limiting/negative mindsets and beliefs that are contrary to our dreams and desires. Casting those out and bringing in truth will enable us to move forward closer to our dreams. Any thoughts of doubt or lack of self-worth will hinder the dream and be self-sabotaging or missed opportunities.

Beware that it is within our imagination/mind where the battle is. It’s that voice/thought inside that says, “Who do you think you are” or “You’re not clever enough or popular enough,” etc.. We need to guard our dreams and goals. Hold on tight to the vision, challenges will come our way. It is ok to make mistakes. That is life.

Words create our world so watch that what you are speaking does not oppose what you are seeing and believing with your imagination. This is an important key that so often we over look!

How to use imagination in a meditative state:

Create a clear intention. What is the desire you wish to call in? It is possible to train ourselves into actively and purposely engaging our imagination and to see ourselves living the desire of our hearts until it becomes our natural reality. *What do you see yourself doing if you were living in abundance? Be very clear and detailed with this in your imagination.*

How would you feel? How would your body respond to it? How would you live and act now from this state of being? How would you behave? What choices and decisions will you now be making? What experiences will now await you?



The amount you see and feel it is the amount that will be dispersed to you. You were created to live a good life full of joy, happiness and peace accomplishing your dreams, they have been planted in you for a reason. Recognise that your old nature is no longer serving you to get you to your goals and ensure your vision is stronger.

Meditating on what you want and imagining that it has already happened will enable you to walk in a new way of Being. Now how do you see yourself? This will dictate the way you walk your life, how you show up and what you attract including how others around you will see you.

We are created to walk whole and free from doubt, stress and unworthiness - o be prosperous, confident, joyful, full of peace and walk in love. Don’t wait until your outward experiences match what you want, believe for what you want first and watch it come to pass as you first use your imagination and mediation to do so! It really is so powerful.

Angela

Angela Cheruseo NZ

(Original Blog Posted by Angela 17th May 2018)



Nourished by Nature

With **Charley Ainscough**

SPRING INTO HEALTH

Let's Spring into action with our health and wellness this month!

Spring is here in New Zealand and it feels so good to feel the warmth of the sun again. To see the bright blue blue of the sky as it contrasts the blossom. There is a spring in our step and this is a perfect time to really spring into action with what we are eating.

Spring calls for lighter meals, and fresh crunchy seasonal vegetables and fruits. The best way to buy your fruits and vegetables is from your local fruit and vegetable shop or farmers market. You will often find the prices are more reasonable and its so important to support our local shops and growers. You will also start to build a relationship and they can often help with recipe ideas to.

If you frequently eat salads, you'll likely have higher blood levels of a host of powerful antioxidants (vitamin C and E, folic acid, lycopene, and alpha- and beta-carotene,) especially if your salad includes some raw vegetables. The wonderful thing about eating salads is they can be eaten for lunch or for dinner. To make your salad a complete meal you will need to include some protein like chick peas and some carbohydrate like brown rice. This will fill you up more and control your blood sugar levels. Eating a variety of fresh fruits and vegetables also helps you to get closer to your daily intake which is required to have an optimum healthy diet. It's great to add a variety of vegetables everyday and eating salad does just that.

Get creative with your own flavour combinations and trust you are improving your health and wellness in every delicious bite.

Charley Ainscough
Charley Chop Chop



Green Goddess Dressing

This delicious dressing is so good, you can use it on almost anything! It's especially good to dress any salad, poured over roast vegetables or stirred through brown rice.

Green Goddess Dressing Recipe

You will need:

- 2 cloves of garlic
- 4 tablespoons apple cider vinegar
- 1 cup of spinach leaves
- ½ cup basil leaves
- ½ cup of parsley
- ½ cup of the green part of spring onions
- ¼ cup of olive oil
- ½ cup of water
- Juice of ½ a lemon
- Salt and pepper

Blend everything until smooth and store in the fridge in a glass container. *It will last in the fridge for 1 week (if it even lasts that long!)*

Spring Green Salad

This bright Spring salad is a real celebration of Spring



You will need:

¼ cup of basil chopped
¼ cup of mint chopped
1 bunch of asparagus – steamed until crisp
½ cup of baby peas
½ cup of chick peas rinsed
½ bunch radish roughly chopped
2 cups of baby spinach leaves
Toasted pumpkin seeds to garnish

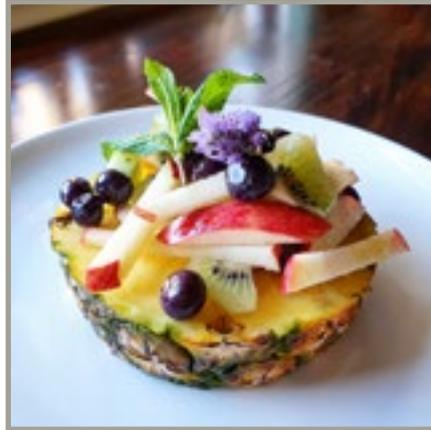
Dressing

1 Tablespoon olive oil
1 Tablespoon apple cider vinegar
1 Crushed garlic clove
4 Tablespoons olive oil
Salt and pepper

Add everything to your favorite bowl and enjoy

Honey Lime Fruit Salad

Delicious served after a meal or for breakfast with a big dollop of coconut yogurt and a sprinkle of granola.



You will need:

1/2 cup mint
6 cups of fruit of your choice

Get creative!

I used pineapple, kiwifruit, blueberries, oranges and apple

Roughly chop the mint leaves and stir through the fruit salad

Dressing

2 tablespoons pineapple juice
1 tablespoon fresh lime juice
2 tablespoons honey or sweetener of your choice.

We chose to serve this salad up on a thick slab of pineapple! YUM!

Quinoa Tabbouleh

The quinoa adds extra protein to this delicious herb infused salad



You will need:

1 cup of parsley chopped
1 cup of baby spinach
½ cup mint leaves chopped
1 cup of cherry tomatoes chopped
½ cucumber peeled and chopped
3 spring onions chopped
1 cup quinoa

How to cook quinoa:

1 cup of quinoa rinsed
1 ¾ cups of water
Salt
Add quinoa to a pot
Bring to the boil simmer for 10 – 12 minutes
rinse and cool

Dressing

4 tablespoons lemon juice
¼ cup olive oil

Add all the ingredients to a bowl serve and enjoy



Feel Great Food

With **Lee Holmes**

REBOOT YOUR KID'S LUNCHBOX

If you're looking to reboot worn out and tired lunch box ideas and get creative then here are some of my simple tips. Giving kids nutritious meals can really make a big difference to their mental clarity, focus and behavior in the classroom.

When it comes to packing and presenting lunchboxes that your kids will enjoy and devour, much of the battle will be in communication and variety. Unfortunately, taking the "You'll get what you're given" approach that many older generations may have experienced, is a sure fire way to ensure that kids are removed from a relational experience of food.

What we are all aiming for is a place where children are able to freely and creatively engage in the process of making healthy food choices, and learn how to take responsibility for what they are eating. By opening up a relevant two way conversation about the importance of eating real foods, and giving them the opportunity to make some choices about what they may be able to have in their lunchbox, will more likely result in an empty container on their return home from school.

Let your child be involved in the purchasing of their lunchbox, make sure it is sturdy with a strong lid, insulated or comes with an ice pack no parent likes to a black mushy banana on the return trip home. If they choose one that they love, they won't mind toting it around, hey you can never be too cool for school! If you're using plastic then BPA free makes a good choice.

Choose a lunch box with separate pockets or sections and make sure it is large enough to hold a flask or drink bottle. Using smaller lidded containers will protect the lunchbox and its contents and alleviate the need for foil and cling wrap. They are useful for dips, salads, fruit, wraps and casseroles.

When attempting to expose your kids to new, more nutrient dense real foods, it's a no brain-

er that a dull, monochromatic spread of food is unlikely to entice their taste buds. Not only do we eat with our mouths, but first and foremost with our eyes; so presenting a visually appealing, colourful lunchbox is a must.

A nutritionally balanced lunch box should contain an array of food from various food groups. Avoid a mid-afternoon dive by including plant-based treats like fresh juice or smoothies, chopped up veggies and hummus and seeds, smash up blueberries and strawberries instead of jelly and sugar rich jams. Use different types of fruits and vegetables, seeds, coconut flakes, full fat calcium rich dairy foods, protein rich foods such as meats, eggs, seed butters, pulses and tuna and oily fish.

Try gluten free pita pockets for a change of pace or other really healthy bread options for kids like wraps, breads and tortillas which will be a good source of long term energy.

Here's a Supercharged Tip: Make a "rainbow salad" with different coloured ingredients such as purple cabbage, red tomatoes, green snow peas, orange carrot and yellow capsicum.

There are a few simple swap outs you can make that will improve your child's diet enormously. If you're in doubt remember to try and choose wholefoods which are as close to their natural state as possible. Eating seasonal fruit and vegetables that are in abundance will be less of a strain on the purse strings. Buy dried beans as they are more economical than canned. Swap margarine for real butter, use full fat dairy in place of low fat which is often compensated with sugar and additives, choose real cheese instead of plastic cheese slices, try and choose organic meats where possible.

Using real food will teach your child to appreciate food's natural flavours and develop an understanding of what real food actually tastes like. Skip the sugar-filled, artificially flavoured yoghurts in the supermarket and instead opt for full cream plain yoghurt with mixed fresh berries in a fun container with an animal shaped spoon.

You can make chocolate yoghurt with cacao powder and a touch of natural sweetener, or avocado and chocolate mousse using an avocado, a banana, two tablespoons of cacao powder and sweetener of your choice. Adding Chia seeds to yoghurt, which are flavourless, will provide sustenance as well as essential protein, calcium, vitamin C, iron, potassium and Omega 3 essential fatty acids. You can add seeds to nibble mixes too, along with coconut flakes, Vitamin c rich goji berries and dehydrated fruit.

Making kids lunches interactive and less soggy is also important. Separate dry and wet ingredients such as homemade dressings, sauces, spreads and slices of tomato for crackers and sandwiches in mini containers, and let them engage in some of the construction of the food.

Mix up textures of smooth yoghurt with crunchy pumpkin seeds, or gluten free sandwiches with contrasting fillings of creamy avocado, 'hairy' sprouts, and crunchy slithers of celery with a homemade mayo.

Homemade soups can be frozen in single portions and then heated and placed in a thermos for lunchbox use. Incorporate leftovers into lunch the next day. Grains, meats, vegetables, eggs and undressed salads make excellent additions to a lunchbox.

When it comes to drinks, rather than providing a reconstituted fruit juice, why not try a "green monster", blending green veggies such as kale, spinach and cucumber with apple, pear and lemon juice for an exciting, eye catching addition

or try a green slushie. Flasks of chocolate milk can be made at home with rice or almond milk, or banana smoothies to help them feel full for longer too.

Always remember to encourage your child to drink water - it hydrates, regulates body temperature and helps prevent constipation and urinary tract infections. It is also important for your child's oral health, their immune system, digestion and weight management. Make it fun for them and give them a straw, add some ice and squeeze in fresh lemon or a mint leaf to give it a hint of flavour. You could even drop a couple of frozen berries in.

Investing in a water filter is preferable to tap water. If you're still having trouble getting your child to drink more water set a pee challenge! The lighter the pee the better.

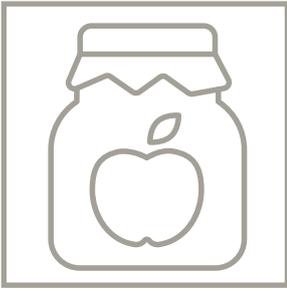
Here's a Supercharged Tip: Keep pre-cut sticks of celery, carrot, cucumber, and capsicum in the fridge for incredibly quick last minute snacks or as a colourful addition to lunch boxes.

For healthy lunchboxes it's a good idea to always keep a variety of fresh fruit and veggies in stock. Having raw fruit and veg that can simply be cut up is the easiest way to ensure that kids are snacking on fresh, nutrient rich foods.

Lee Holmes
Supercharged Food

(Original post by Lee On January 21, 2014)





Special Food Feature

By Amanda Sears

BASIC TASTY COLESLAW

My mother-in-law Mary Sears introduced me to a delicious and very easy to make coleslaw - so I thought I would share it with you since Spring is a great time to think of getting more nutrients into you through food, but also you might be starting to socialise more and need a quick low-allergen dish to take to gatherings.

Basically:

Start with finely chopped cabbage then add to it!

Here are just some of the ingredients Mary has used in her coleslaw - but you can chop and change in or out what you like and you a dressing of your choice. So very simple.

YOU WILL NEED:

Cabbage finely shredded/chopped

Carrot grated

+ any additional extras such as:

Yams

Radish

Celery

Baby spinach

Spring onion

Broccoli

Nuts and seeds

Currants or dried fruit

Grate, finely chop, shred or whiz it all together.

Dressing:

Olive oil or avocado oil

Sprinkle of celery salt

Lemon juice or apple cider vinegar to taste





Helpful Herbs

With **Mandy Haywood**

LEMON BALM – *Melissa officinalis*

“Lemon Balm causeth the mind and heart to become merry” – Avicenna (Eleventh Century Physician)

Parts used: The leaves

History: Lemon Balm is an age-old tonic, and in medieval times it was referred to as an “elixir of youth”. It was traditionally used as a longevity tonic, to strengthen the brain and memory and prescribed for melancholy and sadness. Herbalist Gerand quoted that Lemon Balm *“comforteth the hart and driveth away all sadnesse”*

Melissa (Lemon Balm’s botanical name) comes from the Greek word for bee. Ancient bee-keepers rubbed fresh leaves on their hives, or planted Lemon balm close by as the plant is well known for attracting bees.

Spiritual/cleansing benefits:

Healing, love, anti-stress. In medieval times a Lemon Balm plant near the front door was believed to drive evil spirits away.

Astrology:

Cancer (June 21 to July 22; Ruled by the Moon)

Traditional/Current Medicinal uses:

Traditionally Lemon Balm was used for indigestion and flatulence, depression and nervous breakdown. Other uses included wound healing, palpitations and toothache. It was also used to bring down a fever during colds or flu’s as it promotes sweating.

Lemon Balm is a beautiful example of Mother Nature’s wisdom, as it works on both the gut and the brain. The gut brain axis explains the intricate connection between how the gut can affect our brain and vice versa. An example of this is when anxiety, sadness or anger can lead to an upset stomach. On the flip side when the integrity of gut health is compromised it can

lead to anxiety or depression. Lemon Balm’s sedative properties make it helpful for anxiety, irritability, tension, nervousness headaches and sleep disturbances. Digestively it is beneficial for colic, flatulence and indigestion as it helps to relax intestinal spasms and soothe pain. Lemon Balm is anti-viral and can be used topically as an ointment for cold sores, genital herpes and shingles.

Modern Herbalists often prescribe Lemon Balm for Hyperthyroidism (over-active thyroid) and Grave’s Disease (an auto-immune over-active thyroid condition) as it has an anti-thyroid effect, it is also helpful for the physical symptoms of anxiety and palpitations. For this reason, it is not advised to use regularly in Hypothyroid (under-active thyroid) conditions.

How to use:

Make into an uplifting cup of tea by adding it to boiling water. Fresh smelling and tasting, it is gentle in nature and lifts the thoughts and the heart. Fresh Lemon balm leaves can be used as a first aid remedy by rubbing on stings, bites, cold sores, genital herpes and shingles. Lemon balm essential oil is very expensive as it takes a lot of plant to produce the oil. It can be sourced blended with oils such as Jojoba and can be helpful to apply directly to the skin of the heart area to raise the spirits and comfort the heart in times of shock, grief and when experiencing nervous system involvement around fear. It promotes balance, calm, clarity and peace.

Culinary uses: The fragrant leaves can be used in soups or salads, summer drinks and cocktails! You can add the leaves to your salad dressing. Make a lemon balm pesto by blending with olive oil and garlic in a food processor and use as a rub for fish and chicken.

Mandy Haywood

Naturopath & Medical Herbalist





Scents of Self

With **Michelle Cotton**

SPRING ALLERGIES

The blend this month is specifically for assisting with spring, the pollen and allergies that can be challenging at this time of year - with sneezing and runny noses in abundance for some of you.

Using quality essential oils, you can minimize the effects of these airborne allergens - by using plant-based medicine - I would like to introduce 3 Essential Oil scents to support your body's wellbeing for spring.

Blend: Combine Lemon with Lavender and Peppermint - this becomes an incredible support for allergy sufferers when blended and inhaled or diffused. You can make a DIY nasal inhaler by dropping 3 drops of each oil onto the wick inside of a DIY inhaler, then place to nose to inhale blend directly, or take diluted in water if a food safe brand oil only.

Clears the nose and airways and creates a feeling of expanded breath once again. Also use this blend in the base of your shower as a steam inhaler - it's a most invigorating and a great way to start the day. If you don't have a nasal inhaler to use carry a bottle with the blend mixed to use throughout the day as required - place a drop into your hands rub and inhale.

SCENT #1 - LEMON

Physical attributes: Lemon has been used historically to protect against environmental threats. Its invigorating aroma promotes healing, physical energy, and purification. Lemon oil has also been known to help support the circulatory and digestive systems, soothe scratchy throats, increase relaxation, and support respiratory health. It can also be used to help purify the air. Use Lemon diluted with water to clean the pollen from surfaces. Lemons delightful citrus aroma engages the mind and assists concentration - its greatest effects are experienced in the mental aspects. The crisp scent of Lemon improves the ability to focus and supports children

struggling with school. It assists individuals to be mentally present and to focus on one thing at a time. Lemon dispels confusion and assists clarity. Great for mental fatigue from too much study or reading. Lemon also supports to restore energy, mental flexibility and motivation to complete a project. Lemon is a great detox for the body, just as you spring clean the home, then you declutter the home and mind, you can consider cleaning the body with lemon each day. Uplifting to diffuse in the afternoon, it perks up the energy for getting through the last half of the day with continued focus. Lemon makes for a powerful cleaning ingredient for DIY products and can be used to clean your stainless benchtops and taps. A great and safe way to clean your oven is to mix with vinegar and put into a spray bottle for use.



Emotional attributes: Lemon inspires playfulness and buoyancy of the heart; it assists in releasing feelings of despair and hopelessness by restoring feelings of joy and happiness. The power of lemon promotes joyful awareness of the present moment by infusing the soul with confidence, energy and alertness. Helpful for learning difficulties, whether it's a difficult time concentrating or feeling unable to learn. Lemon clears self-judgments such as "I am dumb" or "I'm not a good student". Lemon calms fears and insecurities while restoring confidence in the self.

Spiritual attributes and effects: Lemon is great for bad moods as it relates to the solar plexus chakra, our self-esteem centre. Lemon is about balancing your state of being here and now.

Lemon is an amazing essence for anything related to cleansing the body, mind and the spirit. It detoxifies and supports decluttering in your life, your mind and your soul, it assists you to focus on your tasks and stop any procrastinating. Its uplifting effects will awaken the senses to motivate you to finish what you started and move forward.

Affirmation: 'By eliminating interruptions and distractions, I quickly get into the flow. I am focused on what I am doing, and I get the results I desire'

Suggested ways to Use: Dilute with Carrier Oil

- Inhaling from the bottle or place 2 drops on a tissue or on lava beads
- Dilute 1-3 drops with carrier oil and apply to wrists and temples - *Suggested carrier (Fractionated Coconut Oil)*
- Inhale while repeating affirmation above
- Diffuse in an oil diffuser
- Place drops into a bath
- If a food approved brand it can be place into cooking and baking
- If food approved brand add to water as a cold or hot drink with honey for a sore throat

SCENT #2 - PEPPERMINT

Physical attributes: According to mythology, when Pluto professed his love for Mentha, Pluto's jealous wife crushed her into the ground. Unable to restore her, Pluto transformed her into a peppermint plant that would give a beautiful fragrance whenever stepped upon again. Peppermint has been used for centuries to soothe the digestive system, freshen breath, and relieve tension in the head and neck. Peppermint oil has also been known to help calm the stomach, increase positive feelings, and relieve occasional discomfort in the mouth. Peppermint opens up the airways and leads the way for anxieties and susceptibility to come out of your body through your breath. Great for headaches and also mental clarity. Peppermint is a great energy boost to wake up in the morning and get you started for the day. It is also a great assistant when getting tired, and great for focus and clarity for driving long distance.

Emotional attributes: Peppermint is uplifting and brings joy to the heart and soul, as well as invigorates the body, mind and spirit. It reminds us that life can be full of happiness and we don't have to be controlled by fear. It supports lifting you out of any emotional trails for a short reprieve. When you choose to use peppermint, you feel as though you are gliding through life with ease - it assists you in staying on the surface of emotional issues rather than sinking deep - it's like float on the top of water. Peppermint is most powerfully felt in times of discouragement



or despair - if you are feeling disheartened, use peppermint to rediscover the joy of being alive. Peppermint can assist in helping regain the strength needed to face emotional reality
WARNING: do not abuse the power of peppermint to escape and avoid dealing with emotional pain, as it will hinder growth and progress - use as a breather when a reprieve is needed before re-entering emotional waters.

Spiritual attributes and effects: Peppermint is connected to the heart chakra, it brings awareness to a heart that is discouraged. It's activating and promotes a positive personality with enthusiasm, cheerfulness and freshness. Peppermint is a breath of fresh air. It can support you if you're feeling blocked, unenthusiastic and flat - don't give up. Use peppermint to support you with that part of yourself that you may be repressing - it wants to be freed, possibly a fear of being hurt and holding onto feelings - open up your heart. Prevent emotional blockages by making sure that you follow your emotions and explore possibilities that you haven't explored so far. Look within, be bold and let your true feelings emerge, this will create a balance in the flow of your energy, love and living.

AFFIRMATION: 'I love sharing my feelings with others. Expressing my emotions in a loving way comes naturally to me'

Suggested ways to Use:

- Dilute with carrier oil for sensitive skin, children and elderly. *Recommended carrier oil (Fractionated Coconut Oil). Check Dilution Guidelines for ages*
- Smell and Inhale directly from the bottle or place 1 drop in your hand then rub hands together and inhale
- Inhale while repeating affirmation above
- Diffuse in a diffuser
- If a food approved brand it can be place into cooking and baking like chocolates
- If a food approved brand add it to water as a cold or hot drink
- Place in a glass spray bottle with water and use as a mist to spray on back of neck, chest or feet for temperature cooling

To Be Continued in Issue #5.... LAVENDER

Michelle Cotton
Pure Vibration



Crystal Healing

With **Michelle Cotton**

CITRINE

The History of Citrine

Citrine replaced the original name of “yellow quartz” in 1556, The name Citrine is said to have come from “citron” the French word for lemon. During the Hellenistic Age till 150 B.C. in Ancient Greece the stone was used as a decorative gem, then the gemstone was carried for protection against snake venom and evil thoughts. The warm golden glow of Citrine has been treasured as a gift from the sun and in the Victorian era Citrine was worn in beautiful pieces of jewellery.

Citrine is a popular gem today for its warm colour and well-known properties of repelling negative energy and the ability to attract abundance, however it is rare to find it in nature. It is also known to be created by heating amethyst.

Citrine Crystal Colour: Pale yellow to dark burnt orange colour **Astrological Sign:** Virgo

Vibration Number: 6

Chakra: Solar Plexus

Affirmation: *"I fully embrace my courage, confidence, success and self-worth, creating the world I want"*

At a spiritual level: Citrine carries the power of the sun, bringing warmth and comfort. It is energizing and life enhancing. Known to stimulate the chakras, it clears the mind and invigorates the soul into action and is said to activate the body’s own healing energies. Also known to boost joyfulness, wonder and enthusiasm and raise self-esteem and confidence in life by eliminating negative energies and vibes, its ability to not absorb or hold negative energy means it transforms negativity into positive energy.

It’s said that each sparkle from a Citrine crystal symbolizes all the ideas and inventions waiting in the collective consciousness: patiently anticipating our ‘aha’ moments. Which then is their

cue to take the front stage in the most current production of “your life”. Citrine is a high energy stone assisting with psychic power.

On a physical level: Citrine is a powerful Crystal as it is not able to absorb negative energy or give off bad vibes. It is a stone of light, carrying the power of the sun, it can assist you in manifesting your goals and staying positive, it is also well known for its ability to attract wealth, prosperity and success. Well known for its support, boosting courage, intuition and stimulating mental power. Citrine also helps for focusing and activating the mind and body.

It is said to give relief from depression, anger and mood swings and to assist in family issues caused through negativity by transforming the energy along with grounding and dissipating negative energies from the body.

How to use the crystal:

As always size/shape does not matter, neither does the form, whether its raw, polished or a cluster.

- Place the crystal in your purse, wallet or cash register for promoting abundance and success in business and wealth
- Put a piece of Citrine in water. Place into your drink bottle or glass of water, allow the healing properties of this crystal to absorb into the water to give you healing and positive energy as you drink it
- Use Citrine for protection from negative energy and assist with mental wellbeing
- Place Citrine in the space required, home or office to transform the negative energy into positive.
- Wear the crystal in any style of jewellery, bracelet, ring, even in your pocket or tucked in your bra to give you protection from negative people or situation’s
- Can be used in a crystal grid

Michelle Cotton

Pure Vibration





Being Fit & Well

With **Clare Scott**

SCHOOL KIDS ON THE MOVE

Walking or cycling to school is a simple and time-effective way to increase the amount of physical activity that both we and our children get during the day, as well as carving out a small chunk of time where we can breathe before the day starts, clear our heads and connect with our kids. Studies show that children and teens should be getting at least an hour of moderate to vigorous physical activity every day, but in this modern age of screens, and relying on our cars to get around, this more often than not goes unmet.

As obesity and mental health issues are an ever growing problem for adults, children and teens in New Zealand and around the world, making the shift to an active transport lifestyle for children is an obvious way to improve our health. It also has the added benefits of boosting kids' self-confidence, mental well-being, and ability to make smart responsible decisions on their own. And kids love the independence!

Here are some helpful tips on how to make it more likely that your kids (and you, if your kids are under 8 years old) make it out the door with enough time for an enjoyable walk, scooter, or cycle to school.

1. Be prepared. This is the number one tip for making active transport a reality in your life. While it does not always take much more time, (for me it is a matter for 5 to 10 minutes extra if we are going to walk rather than drive), those few minutes can make a difference. If you are normally rushing to get everything done (making lunches, packing bags, putting on a stroke of mascara, and looking for keys) up until the last minute before you head out the door—and I speak from experience—then the chance of finding that extra bit of time to walk to school flies out the window.



Make lunches the night before if you can (or at least the half of the lunch that won't go soggy overnight in the fridge).

Set up a box for each kid under a coat hook so that they always know where a pair of shoes, gloves, a hat and their helmet is. Looking for a runaway glove or missing boot can mean a stressed 5 minutes at the end of the morning routine and means you don't have time to cycle. Have kids keep their helmet in their box or hanging on their bike or scooter. Do the same for yourself.

2. Ease of access. Make your bike and the kids' bikes easy to get to. If you have to scramble over jumbled bikes and toys in the garage every morning, the hassle will end up turning you off from using active transport. Keep your bikes easy to hop onto, just like you wouldn't block your car in the driveway.

3. Instate a "We walk or cycle unless..." policy with your children. For my family, the rule is we use our bodies to get to school unless...

- a. We are feeling a bit unwell,
- b. It is actually raining, or
- c. I need the car to get to work that day.

These rules will look different for each family, but for us, it takes the decision to cycle or walk out of our hands. Have an "a,b,c" of active transport massively cuts down on kids whining that they don't want to walk (which will happen!) and makes the decision easy for you too.

Spring is a great time to get started. If you can make it a habit now to use active transport to get your kids to school at least some of the time, come Summer, it will be a breeze!

Clare Scott
Easy Street Cycling



Yoga & Conscious Living

With **Sundari Zuleta-Connable**

INSPIRATION FOR SELF-REFLECTION

In the past, society lived with a far greater awareness of the seasons. In the modern world, living in line with the seasons has become a lot more challenging. With the increased frequency of travel, the hyper-stimulation of technology and the over-accessibility of imported foods in supermarkets it can be tricky to slow down and go inwards. We want to offer you some helpful yogic tools to navigate the seasonal changes and cultivate vitality.

Seasonal living

Different seasons can influence both our physical and mental states. Winter is a quieter time and a place of potential. A time to slow down, to rest, reflect and prepare. It is an opportunity to grow and foster new ways of being and put in the self-work so that when the weather gets warmer, we can enter into full bloom. Summer on the other hand is a time of extroversion and dynamic energy. However, in modern times we have the tendency to over exert ourselves and become depleted. Thus, it is important to maintain balance and increase self-awareness regardless of the season. Yogic practice can help us get there.

Yamas & Niyamas: Patanjali's Eightfold Path of Yoga

Prior to 400CE Sage Patanjali presented an eightfold path, the first systematic approach to yoga. The first four stages of Patanjali's yoga path concentrate on refining our personalities, gaining mastery over the body, and developing an energetic awareness of ourselves, all of which prepares us for the second half of this journey; which is about dealing with the senses, the mind, and attaining a higher state of consciousness.

The Yamas and Niyamas are the first two steps of this path. They come even before asana practice. The word Yama comes from the root 'yam' and means self-control and restraint. Its purpose is to harmonise the external and social environment and our responses to it. The second is the Niyamas - internal codes of conduct including observances or guidelines for personal discipline relating to our yoga practice and lifestyle.

We are working with 4 Niyamas to help guide us as we hit the mid-year mark. Each Niyama serves as a theme for the week and also as an opportunity for reflection. The Niyamas can help us bring tranquility to the mind in preparation for meditation and also inspire us to connect with ourselves by going into a quiet and reflective space. As we take a closer look at each Niyama, allow them to inspire you...



WEEK 1: SAUCHA - CLEANLINESS

The theme for the first week is Saucha which translates to cleanliness. Impurities in both our external environment and our internal body have a negative impact on our mind and emotions and hinder the advancement of our spiritual practice. Saucha comes from cleanliness of the body (both external and internal), purification of the mind and also by keeping a tidy and orderly environment.

This week focus on:

Doing a regular Hatha Yoga practice - Hatha Yoga is designed to help with purification by moving blood and lymph through the body. You may like to do 3-7 rounds of Sun Salutations each morning this week.

Eating healthy food and nourishing your body - Try making a warm vegetable soup and maybe even detox yourself from coffee or sugar for the week to give your body a break.

Practicing mental purification - Observe your thoughts and see if you can keep your mind

clean and clear. Ask yourself what you need to let go of to do this. Perhaps try the practice of Antar Mouna (Inner Silence Meditation) to raise your awareness and direct your mind.

Decluttering and cleaning your space - Internal purification comes hand in hand with external purification. Keep your space clean and make the effort to get rid of things you don't need.

As you move through this first week remember to keep asking yourself: *How can I ensure and protect the sanctity of the energy within and around me? Consider Saucha in all of your various environments throughout your day, including the people you associate with.*

WEEK 2: SANTOSHA - CONTENTMENT

This week we look at Santosha which refers to contentment. Contentment is a feeling of being satisfied and grateful for what you have. By developing Santosha and non-attachment we are freed from unnecessary suffering as our demands become fewer. Happiness gained through materialism is only temporary. Living with simplicity brings joy and happiness.

This week focus on:

Practicing gratitude - Counting your blessings enables you to see all the gifts in your life. Try thinking about 10 things you are grateful for before bed each night or doing a blessing for every meal you eat.

Using your breath - Connecting to the breath is the simplest way to become present and content. Try a regular Pranayama (Yogic Breathing) practice this week and if you catch yourself feeling aggravated throughout the day drop back into your breath.

Honouring others in your life - Being content with those around you brings great levels of joy and harmony. Each day tell one person what you truly value about them.

During this second week: *observe Santosha in the various environments and people you associate with. Try to foster and sustain a feeling of contentment throughout your days.*

WEEK 3: TAPAS - SPIRITUAL AUSTERITIES

This week we look at Tapas. Austerities develop self-discipline and willpower. As we live simply, we become more able to cope with hardships. When our will becomes stronger than our desires, we are released from mental and physical impurities resulting in a strong body and mind. Tapasya enables self-awareness and control

over unconscious impulses, helping us to become more dedicated to our yoga practice. Tapasya can be physical or mental and it is important to be practical and simple to begin with. An example of an extreme Tapasya would be of a Yogi in India staying in silence for 1 whole year, however it can look completely different for those of us with different lifestyles. Regardless, doing something that challenges you can really help to strengthen your mind and body.

This week focus on:

Forgoing a pleasure - What is something you really enjoy doing? Eating chocolate? Watching your favourite TV show? Always being the first in line? This week go without it. Let go of the attachment and see what arises.

Practicing Mouna (Silence) - Holding silence can be tricky in a world full of mass communication and stimulation. This week try holding silence from 8pm-8am. Mouna means both internal and external silence. Make sure you log off of your devices, free yourself from distractions and keep your thoughts silent also.

Strengthening your yoga practice - Try incorporating more challenging asanas or lengthening your practice this week. Work with your breath and hold asanas longer or extend your meditation for 10 more minutes.

For this third week: *be committed to your self-discipline. Observe reactions you may have when facing challenges and work through them. Consider Tapas in your environments and within the people you interact with.*



WEEK 4: SWADHYAYA - SELF STUDY

For this final week the theme is Swadhyaya or self-study. Self-inquiry and personal analysis lead to knowledge of our own personality, including becoming aware of our strengths, weaknesses, ambitions and needs. Self-study

can allow us to become mindful of conscious and unconscious motivations and to be more aligned with our true values. The yogic practice of Swadhyaya also involves the study of sacred and spiritual texts to guide us through our inner experience and our connection with the divine.

This week focus on:

Exploring SWAN theory - SWAN theory (by Swami Niranjan) is an amazing tool for self-reflection. Choose one area of focus and make a list of the following: Strengths, Weaknesses, Ambitions and Needs.

Reviewing your day - Reviewing your day can help you assess and evaluate your spiritual progress. Each night this week reflect on your behaviour and actions and think about what you have done well and what still needs work. Remember to be compassionate with yourself and focus on positive growth.

Reading a spiritual text - Set some time aside this week to read something uplifting that could inspire you on your path. Classical examples include texts like the Bhagavad-Gita or the Ramayana. You may also like to find another book on a person or topic that inspires you.

Working with a sankalpa - Set an intention or realistic resolve to align yourself with your higher values. Make sure you work with this regularly until it is realised.

In this final week: *consider Swadhyaya in all of your various environments throughout your day, including people you associate with. Be attentive in your self-inquiry and self-study and be open to what emerges.*

As you move through each week think deeply about each Niyama. Here are some further questions you might like to consider as you work your way through them:

- How can this Niyama be integrated into my daily life and overall lifestyle?
- How does this Niyama relate to my yoga practice?
- What are some yoga practices that can cultivate the values associated with this niyama?
- How can this Niyama be applied to teaching yoga?
- Who is an inspiring person that demonstrates this Niyama in my life?

Hopefully these guidelines can bring you inspiration and encourage you to live seasonally and in harmony with yourself. Think of them as practical yogic tools that allow you to journey inwards and generate awareness. Working with the Niyamas requires consistency, patience and self-honesty. The Yamas and Niyamas can be revisited time and time again, all year round. In fact, many of the suggested practices are more effective if maintained for longer periods of time and are useful to integrate into your daily life.

Happy transformation!

Anahata Yoga Retreat

www.anahata-retreat.org.nz

(Original post published May 30, 2019.
Images from Anahata Yoga Retreat)





Yoga Flow (Video)

With Julie Stephens

Presenting short introductory Yoga flow VIDEO for those seeking more balance in their life.

Awakening the Spine and Lubricating the Hip Joints.

This is a great little taster to start to explore the hips and connect to the spine.

They say "You are the age of the condition of your spine", so look after it!



Remember: the breath is the essence of your Yoga practice... breathing in through the nose and out through the nose (Ujjayi breath; creating a slight rasping sound, without force).

Julie Stephens

Julie Stephens Yoga

VIEW THIS VIDEO WHILE CONNECTED TO THE INTERNET BY CLICKING THE IMAGE

- This will take you to YouTube to view the video -

OR VIEW ALL THE VIDEOS ON YOUTUBE

- on the 'Sears Co' Channel -

**The current publishing platform does not support video play within the magazine itself just yet...*



The Women's Panel

For Women by Women

**DO YOU SUBSCRIBE TO A SPECIFIC DIET OR WAY OF EATING?
WHY/WHY NOT AND ANY TIPS YOU FIND HELPFUL...**



Caron Proctor

Yes - I eat mainly vegetables, in fact I eat a tonne of them every night. We use a fab Air Fryer. My day usually starts with a high protein smoothie made with coconut milk, peanut butter, vital greens and vegan protein powder, berries and half a banana. I have an anxiety disorder and eating protein first thing really helps soothe my crazy brain. But, I also like chips, so I won't say no to sharing a bowl with you!



Angelika Barnes Caslavska

Subscribing to any specific diet is not something that I believe in. I guess I am a non-conformist at heart and simply don't enjoy complying with somebody else's rules over my body. My personal belief is that it serves me best to consume and do everything (food, information, social media, sex, sport, etc.) in moderation and above all, with love and curiosity. My own quirk is that I dislike the taste and smell of onion and garlic and I am ever so grateful that restaurants take a true customer service approach these days by accommodating my request. Overall I eat a lot of plant-based food, organic if not too expensive and enjoy a cup of coffee and a slice of yummy cake as well. As a native German I probably also consume way more bread than other people and indulge in every crumb!

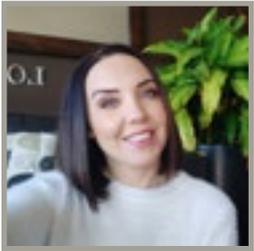
My tips:

- * Be responsible for your own health – generate your own 'rule-book'
- * Empower yourself by following your own instincts and intuition
- * When you eat, focus on eating – not reading, watching, etc. at the same time



Becky Siame

I don't subscribe to a specific diet or way of eating but I do make sure I have a healthy diet. I eat breakfast – a great way to get my metabolism going and helps improve my productivity when my fuel tank is filled first thing in the morning. I also limit coffee and make sure I drink water throughout the day. For my meals I try to ensure my daily intake includes the recommended amount of fruit and veg and that I am getting enough protein as I do get quite anemic if I don't take care. Having said that, once a week in our house is takeout night so we enjoy eating some naughties occasionally too.



Joleen Reynolds

I initially trained as a health coach which taught me so much about my own eating habits as I am a total foodie. I choose to eat intuitively for what I feel my body needs (this doesn't mean eating a whole block of dark chocolate but a few squares counts). In the past I've followed strict diets but I was miserable. I naturally love vegetables and spent 8 years of my life vegetarian (2 of them as a vegan). I discovered that my body functions best on mainly a vegetarian, dairy free diet with the addition of seafood 2-3 times a week (mainly salmon or white fish). You will always find plenty of broccoli and spinach in my fridge and my favourite root vegetable, kumara, in the pantry. I love cooking and creating food. I've found tapping into what my body's innate wisdom needs works the best for me and my lifestyle.

My Tips:

- Tap into your body's own natural wisdom – some people find they crave red meat or greens, follow that!
- Eat the rainbow – we have such an abundance of great local produce in New Zealand. Try something new.
- Prep ahead of time - dice your veges and pop them into containers in the fridge. Easy to grab for stir-frys, omelettes, salads etc
- Shop online – if you're tempted by impulse buying or are trying to make better food choices, try doing your grocery shopping online. You can plan your meals ahead of time and buy only what you need.
- Curiosity over guilt always! - *sometimes we just want a muffin and that's ok!*



Judene Edgar

My diet changed radically over the past year. Years of struggling to manage my weight were resolved primarily through finally taking on board the adage that “you can't out exercise a bad diet”. So, I dropped all carbs for six months – bread, pasta, cereal, potato, fruit, carrots, and, heaven forbid, chocolate.

Part of dropping carbs altogether was to force myself to find alternatives, such as cauliflower rice and zucchini noodles ... and it worked. In the past, trying to restrict what I ate I'd always felt deprived, whereas using this approach, I was motivated to find healthy alternatives. After six months and losing around 25kg, I slowly started reintroducing some healthy carbs, like fruit, kumara, carrots and beetroot. A further six months and now a total of 40kg down, I do eat carbs, but healthier varieties and in limited amount. I've even had chocolate twice now, but must say that I didn't enjoy it as much as I didn't have the psychological cravings for it like I used to.

Because the other part of the first six months was not just about the food, but learning the why, what and when of my eating habits, and learning to recognise the non-hunger related triggers.



The Men's Panel

For Men by Men

DESCRIBE THE EXPERIENCES AND CHOICES THAT SHAPED YOU INTO WHO YOU ARE TODAY + ANY TIPS FOR OTHERS



Josh Ryan

I think the main thing that has shaped me so far would be my parents, the lessons they've taught me and passed down, especially as I'm 19 so have been with them my whole life essentially. One of the experiences that changed me the most would be solo backpacking through Europe - I learnt and grew so much more than I imagined. As well as running my own business from a young age, learning from the ups and downs has definitely shaped me a lot as well.



Gareth Edwards

Ok, let's pick one that I'm currently writing as my next book about swapping success for satisfaction. It relates to a time in my life where everything should be great but wasn't. I had the family, house by the beach, prosperous career and even a sporty little VW Golf I dreamed of as a teenager - and was pretty much miserable most days. After a trip back home to the UK I realised part of the problem was that success is by definition never achievable. There's always another step on the career ladder you can take, another upgrade to your house/car/phone you can buy.

So I decided to ditch it all and pursue my dream of recording an album. I quit my executive job, walked away from a tech start up, sold my Auckland home and moved to the country. I gave myself a year and full permission to move back to the rat race if I needed or wanted to. That was in 2011 and I've only ever gone forwards.

My top tip - see your life as Plan B, something you can return to if need be. Then start dreaming your Plan A.



James Kane

I learnt how to deal with a lot of different people and had a variety of experiences that helped to expand my mind while I was travelling. This has enabled me to make more informed choices when dealing with situations that life throws at me.

Working hard from a young age in many different jobs has taught me the art of perseverance - how to keep going even when the going gets tough. (This can sometimes be misunderstood as being stubborn!)

My tips to others would be to travel, learn and persevere.



John Du Four

The single biggest shaper of who I am today was my moving to NZ from the USA in 1972. It allowed me to enter into adulthood in a beautiful country with a caring, sharing mindset, and to develop a world view that was largely informed, balanced and free of the shackles of overt myopic nationalism.

- My mother, who inculcated in me the recognition and valuing of empathy.
- Sue - my partner of thirty-five years - who shares with me her own wisdom, and invaluable clarity around the ongoing inherent iniquities in the White Male System (under which we all suffer, men included, but none more so than the world's women and minorities).
- My children, who each, in their varied personalities and life journeys, teach me so much.
- Certain teachers, counsellors, healers, I've encountered along the way that provided me with the pushes I needed to journey better.
- My father, who demonstrated in surprising ways what bravery looks like.
- And finally, those very few select, deep-seated friendships that have so generously informed and mirrored my forward momentum.

As for a tip: Try the same exercise for yourself - it presents you with an opportunity to reflect with gratitude upon your own precious life-influencers.



Art as Therapy

Mindful Colouring



To download a printable copy of this month's colouring pages, **please click [HERE](#)** - we would love to see the finished art if you want to tag @TheInspiredGuideNZ on Facebook or share to our page. Have Fun!



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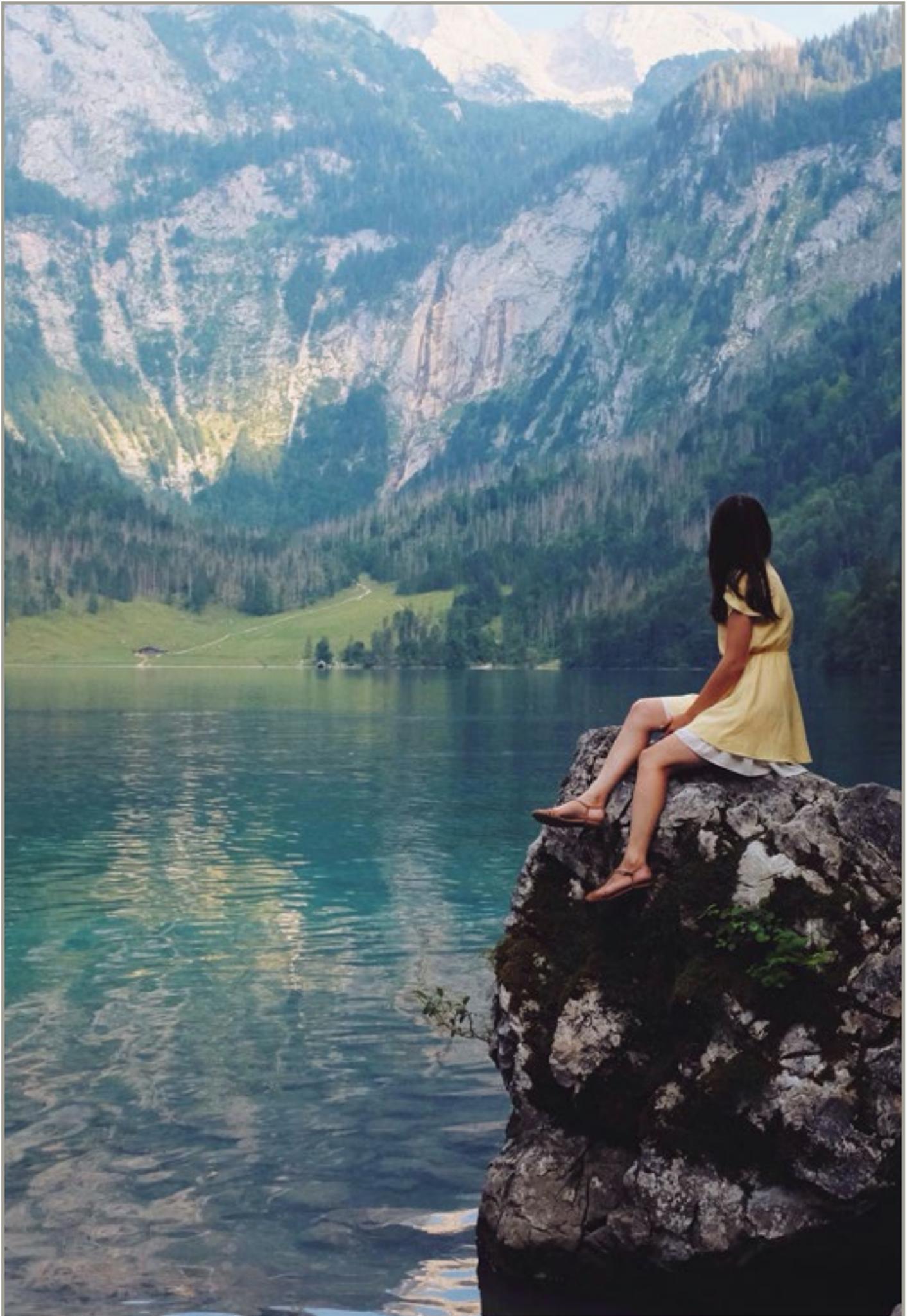
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We intend for the reader to enjoy this magazine with an open heart and open mind.

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