

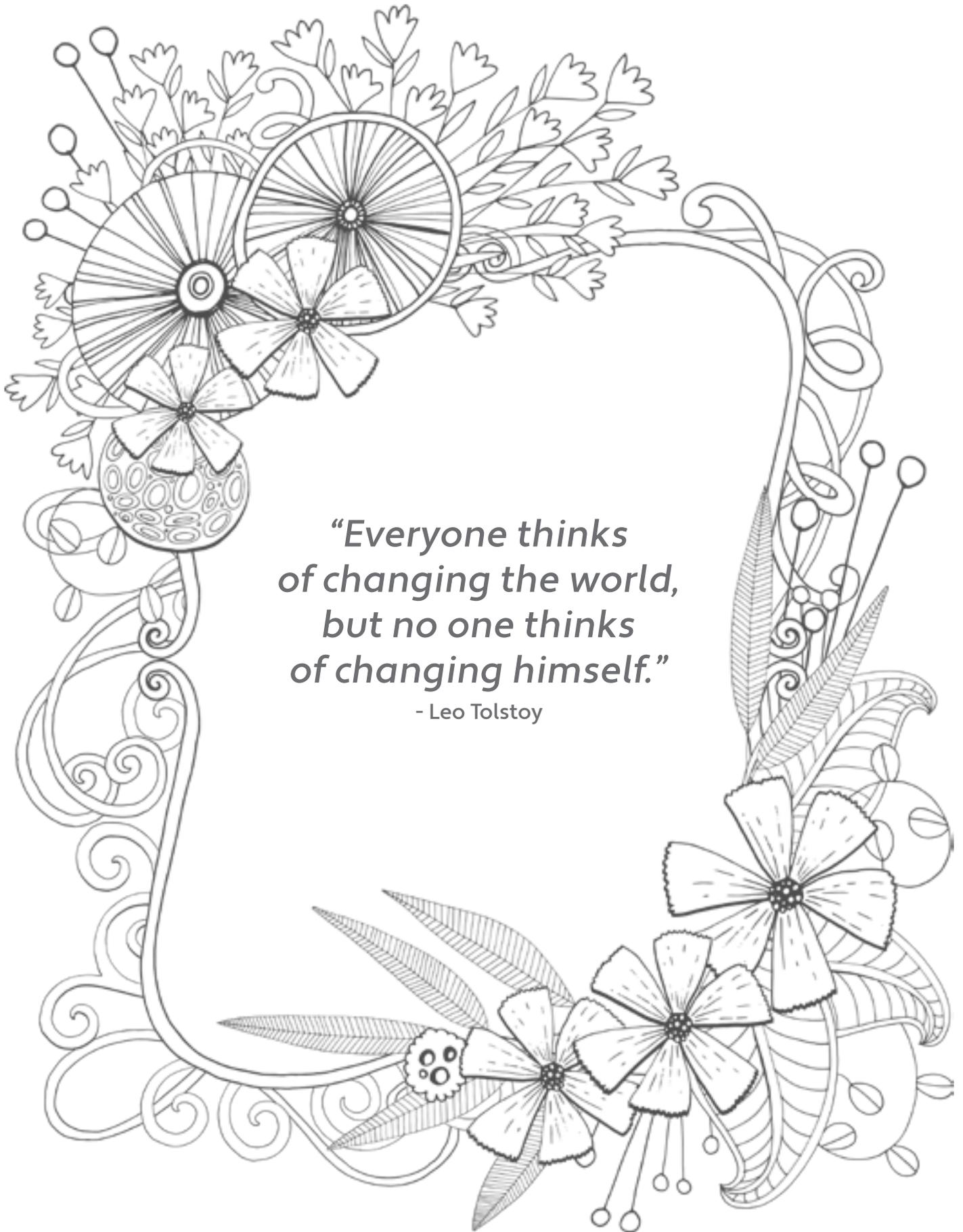
# THE *Inspired* GUIDE

CONSCIOUS LIVING & HOLISTIC WELLBEING

Issue #5 | Nov 1st 2019







*“Everyone thinks  
of changing the world,  
but no one thinks  
of changing himself.”*

- Leo Tolstoy



## Welcome & Enjoy

**Hello and welcome to Issue #5 of The Inspired Guide magazine!**

The cover of Issue #5 represents the theme of transformation reflected through the contrasting painted face of the Day of the Dead and a spiraling Unalome tattoo.

**Dia de Los Muertos** - a celebratory holiday to remember the dead.

**Unalome** - a Buddhist symbol representing the journey to enlightenment and transcendence.

Change is inevitable in every moment of life. We transform and change, whether mentally, spiritually or physically (consciously or unconsciously) or in subtle energetic or subatomic biochemical ways in every second. *We are always changing, transforming and evolving.*

Look at how you are evolving and changing. Who you are, who you want to be and where you want to go and how to get there. Think of the symbolism in the Unalome...

*Breathe, relax and be inspired...*

**Amanda Sears**  
Co-Creator

# How to Make the Most out of THE *Inspired* GUIDE

Designed to inform and inspire all who seek to live more conscious lives, The Inspired Guide focuses on 3 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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# Get Involved!



Want to reach the right people who need what you have to offer, show or share? We offer a range of opportunities for conscious businesses, artists and individuals to get involved with *The Inspired Guide* magazine...

## ADVERTISE YOUR CONSCIOUS BUSINESS

Increase awareness of your business to the right people!

- ★ Take advantage of our low introductory pricing
- ★ Starting from as little as \$10p/month
- ★ Easy one-click links straight to your website or social media!

Request a 'Get Involved' guide [HERE](#) (limited availability)



## EXHIBIT YOUR ARTWORK

Display your art to the world on our innovative digital platform!

- ★ Reach people in New Zealand AND all over the world!
- ★ Various sizing and low pricing options + no commission!
- ★ Easy one-click links straight to your website or social media!

Request a 'Get Involved' guide [HERE](#) (limited availability)

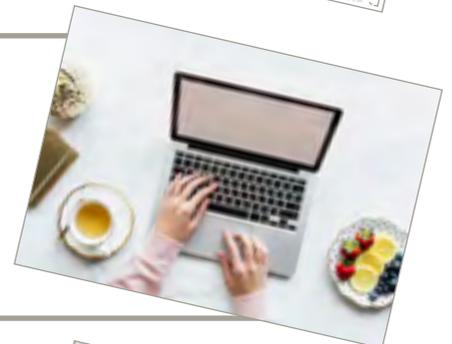


## CONTRIBUTE AN ARTICLE OR YOUR STORY

Share your wisdom, experience or journey to inspire others.

- ★ Connect with people who need to read your words
- ★ Co-create positive change in people's lives all over the world!
- ★ Contribute to more conscious and sustainable lifestyle choices

Request a 'Get Involved' guide [HERE](#)



## SUBSCRIBE FOR FREE!

Receive inspiration and information straight to your inbox!

- ★ Automatically go in the draw to WIN the Book of the Month\*
- ★ Get a download link to print or read offline any time
- ★ Never miss an issue and save time finding inspiration online!

Click [HERE](#) to subscribe for FREE



## SUPPORT THE MAGAZINE

Help us grow and establish *The Inspired Guide* by donating.

- ★ Donate towards the running costs while we are still growing
- ★ Give towards something that is inspiring more conscious living
- ★ Invest a little or a lot - it goes a long way to have your support

Email us for more information [HERE](#) (Paypal or NZ Bank Deposit)



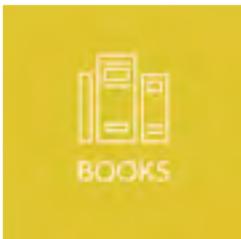
# The Good Guide

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!



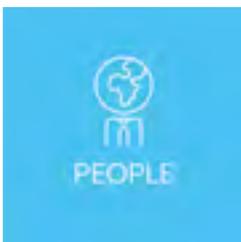
## READ

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



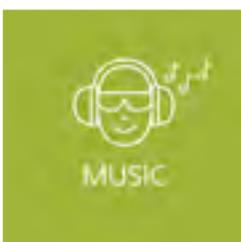
## ART

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](http://www.theinspiredguide.nz)

## 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<**



### Chillpreneur By Denise Duffield-Thomas

*Feeling burned out by your business? Sick of the 'hustle and grind' culture of your industry? There's a better way! Get over your perfectionism and*

*embrace the flow of the Chillpreneur - Denise Duffield-Thomas, money mindset coach and best-selling author, will show you how with her trademark humor and down-to-earth wisdom.*

Full of reassuring and practical advice, Chillpreneur challenges the old, boring assumptions of what it takes to create success in business, so you can create financial independence with ease and grace.

## 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](https://www.instagram.com/TheInspiredGuideNZ)

**>CLICK HERE<**



### Cover Art

*Handdrawn and digitally coloured illustration*

by Amanda Sears



**ALISON ELSBERRY**  
*Embodied Brilliance*  
[www.alisonelsberry.com](http://www.alisonelsberry.com)

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 is 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.



**AMANDA SEARS**  
*The Wellness Guide*  
[www.thewellnessguide.nz](http://www.thewellnessguide.nz)

Amanda has many roles in life that can be summed up in 4 words: create, connect, learn and experience. She lives a full life of possibilities and has had an adventurous life so far, full of many ups and downs. In her own personal journey she has battled through the darkness of many physical, emotional and spiritual health lessons and has come out the other side a more developed, aware and knowledgeable person. She shares helpful tips based on her own experience and observations of life in the hope to inspire those struggling on their own personal journey - while continuing to grow, evolve and learn herself.



**ANGELA CHERUSEO**  
*Life Coach*  
[www.angelacheruseo.nz](http://www.angelacheruseo.nz)

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.



**CHARLEY AINSCOUGH**  
*Charley Chop Chop & Be Brilliant*  
[www.charleychopchop.co.nz](http://www.charleychopchop.co.nz)

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.



**ELYSE SANTILLI**  
*Life Coach*  
[www.elysesantilli.com](http://www.elysesantilli.com)

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 online courses and workshops. Her writing has been featured in Huffington Post, Tut, Thought Catalog and Tiny Buddha.



## 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.



## JULIE STEPHENS

*Yoga Instructor*

[www.juliestephensyoga.co.nz](http://www.juliestephensyoga.co.nz)

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 traveling the world and in 2000 started her yoga teacher training apprenticeship which took 18 months of practicing 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.



## LEE HOLMES

*Supercharged Food*

[www.superchargedfood.com](http://www.superchargedfood.com)

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.



## MANDY HAYWOOD

*Naturopath & Medical Herbalist*

[www.mandyhaywood.co.nz](http://www.mandyhaywood.co.nz)

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.



## MARIETTE ZOEPPRITZ

*Seeds of Peace NZ*

[www.facebook.com/SeedsOfPeaceNZ](https://www.facebook.com/SeedsOfPeaceNZ)

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, meditation, 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.



### **MICHELLE COTTON**

*Pure Vibration*

[www.facebook.com/PureVibrationNZ](http://www.facebook.com/PureVibrationNZ)

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.



### **RACHEL GRACE**

*Rachel Grace Showroom & Academy*

[www.rachel-grace.com](http://www.rachel-grace.com)

Rachel is an International Medium, Spiritual Advisor, Psychic, Author and Educator. Along with her love for private readings Rachel's true passion lies in Spiritual Teaching. She is the CEO and Founder of the Rachel Grace International Academy of Metaphysics and has developed numerous Courses & Workshops ranging from Spiritual development, Metaphysical training, Tarot & Numerology, Advanced Psychic & Mediumship Certification Courses, private mentoring & is the facilitator of the monthly Sacred Space Online Classroom. Rachel also has her own teaching materials as well as a metaphysical store with her own product lines.



### **RENAE BAILEY**

*Healing with Renae*

[www.healingwithrenae.co.nz](http://www.healingwithrenae.co.nz)

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.



### **ROSE AITKEN**

*Life Coach*

[www.roseaitken.com](http://www.roseaitken.com)

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.



### **SARAH JENSEN**

*Life & Business Coach*

[www.sarahjensen.com.au](http://www.sarahjensen.com.au)

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!



**SARAH SEARS**

*What Sarah Bakes*  
[www.whatsarahbakes.com](http://www.whatsarahbakes.com)

Sarah has loved to bake for as long as she can remember and as a self taught baker has had her fair share of baking disasters! Passionate about making your baking experience the best it can be, Sarah creates recipes that taste great and are easy to follow. Over the years, she has developed a baking style that focuses on the ease of baking without compromising on flavour or texture, with influences from her travels in Europe and America, and of course her home country New Zealand. Sarah shares tasty recipes that have proven to be a hit with family and friends.



**SUNDARI ZULETA-CONNABLE**

*Anahata Yoga Retreat*  
[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)

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.



**TIM MOROZGALSKI**

*Tim's Garden Shop & Services*  
[www.timsgarden.co.nz](http://www.timsgarden.co.nz)

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 re-connect 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.



# 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](http://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)



## 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)



## 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)



## 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



## DIVINE BEINGS BEHAVING BADLY

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







# The Day of the Dead

With Guest **Jesus Ruiz Lopez**

## **DIA DE LOS MUERTOS - DAY OF THE DEAD**

### **A little bit about Day of the Dead**

Originating in Mexico, Día de los Muertos, or Day of the Dead, is a celebration of life and death and is celebrated all over Latin America.

According to National Geographic the "Day of the Dead originated several thousand years ago with the Aztec, Toltec, and other Nahua people, who considered mourning the dead disrespectful. For these pre-Hispanic cultures, death was a natural phase in life's long continuum. The dead were still members of the community, kept alive in memory and spirit—and during Día de los Muertos, they temporarily returned to Earth".

Today's Día de los Muertos celebration is a mash-up of pre-Hispanic religious rites and Christian feasts and takes place on November 1 and 2 (All Saints' Day and All Souls' Day on the Catholic calendar).

It is celebrated with colourful claveras (skulls) and calacas (skeletons) as well as with food, parades, costumes, music and altars.

Check out this great article with a lot more information and pictures about the Day of the Dead by National Geographic [here](#).

### **DAY OF THE DEAD - NELSON, NZ**

We spoke to Jesus Ruiz Lopez about Day of the Dead in Nelson. Here is what he had to say...

Jesus Ruiz Lopez is the founder of the Day of the Dead Nelson annual festival held at Founder's Heritage Park - a festive family day with Mexican food and drinks, piñatas, face painting, altar building, music, performances, a chili sauce competition and more.

Jesus was born in Chilon, Chiapas, Mexico and moved to Nelson in 2009 because it was a beautiful place to bring up his kids. Nelson has given him and his family great happiness and the Day of the Dead festival is an opportunity to give back and say "thank you" to Nelson, NZ.

He is truly thankful for the community of volunteers that help to make the Day of the Dead Nelson festival an annual success.

### **What makes Día de los Muertos an important festival for you and for people to celebrate?**

It is a time of year for remembering and celebrating loved ones that have passed. Quite different from Halloween where the spirit returns in a malevolent fashion - Día de los Muertos is not about fear or even sadness. In Mexican culture it is about laughing in the face of death and honoring the deceased. We do this with food, music and dance. It is about the cycle of life.

In Mexico a central element in this celebration is decorating the grave site and then erecting an Ofrenda - an Altar - which must have elements of water, wind, earth and fire:

- Pan de Muerto - *a bread for earth*
- Candles and incense - *for fire*
- Papel picado - *decorative handcrafted tissue paper for wind (and the fragility of life)*
- Pitcher of water - *for water and the visiting/traveling spirits to quench their thirst.*

Graves are decorated with Marigolds (native to Mexico), candles and sugar skulls.

The skull is beauty - the cycle of life; it is not considered scary like in Halloween. That is why skulls are made of sugar, painted and decorated with flowers.

We also celebrate with traditional food dishes such as: Mole, Tamales, Pozole, Tortilla soup and hand-made tortillas.

### **Was it these memories, feelings, concepts that encouraged you to bring this celebration to Nelson with the Day of the Dead Festival?**

Yes, in Mexico it is a celebration. Here, when I read the obituaries for instance - it is quite short and succinct. Then on media - the news and sadness associated with an immediate death is sad no doubt - but what remembrance is there after? Most remembrances are laced with sadness for the loss.

When people we love depart – the living feel the loss and the focus is sadness. But what of the one gone? Perhaps the spirit is still there. It is unknown isn't it?

Perhaps the spirit of the loved one passed is free and perhaps wants an invitation to be remembered with happiness; like a long lost family member - the spirit wants to eat, dance and celebrate!

I guess I wanted to strive for maintaining a healthy and intimate relationship with the unknown and not just have an occasion for festivities... but also for a reflective moment for those who have died along with an invitation to reflect on life and death.

### **What kind of things do you do during this celebration in Nelson, and is it different to Mexico?**

When cultural traditions are brought to a new place of course there are substitutions and modifications that might have to be made to make the tradition feel real and more appealing to others. In Nelson we add a few competitions like the Chili Sauce competition, a Calaveras competition. Many festivals in Nelson include local brews, so we include local craft beer along with Mexican Tequila. That being said we also serve non-alcoholic Mexican beverages like Agua de Jamaica (hibiscus flower ice tea).

Each year the festival evolves into a slightly different theme. The music consists of a live Mariachi band and other Latin music. This year we have the same Mariachi band music but also have Mexican folk dance.

In the past, "The Mexican" supplied the food served but now our community today includes many people from all over Latin America so there will be food from all of these regions as well as few known local stalls also partaking in Latin food preparation.

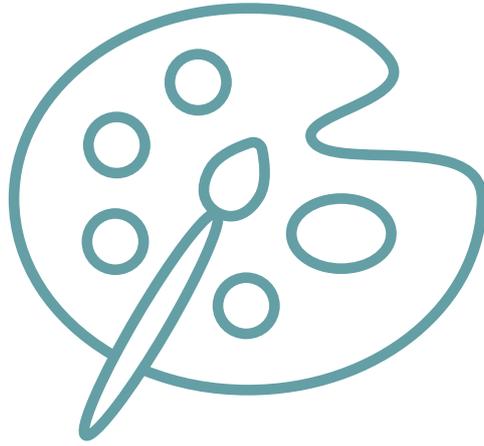
### **What are other ways that people can celebrate this festival?**

The celebration can be at home or at the grave. Many at home in Mexico celebrate this day privately. We do it by erecting an "ofrenda" at a spot in the home and we have pictures/mementos of all our passed loved ones positioned at the altar. Leading up to the day, delicious dishes are prepared. Then we invite all living family members to come and join in remembrance, music, song and dance.

**Follow Jesus and his team on Facebook:**  
[www.facebook.com/DiaDeLosMuertosNelson](http://www.facebook.com/DiaDeLosMuertosNelson)







# 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.

Bec Brown

Jess Crawford

Amanda Sears

Marley Mcleay

Kirsten Baldwin

Ingrid Boot

*\*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.*



**Bec Brown** | *Tropical Florals* (2019) | Watercolour + Ink on Paper | [www.cloudsofcolour.com](http://www.cloudsofcolour.com)



**Bec Brown** | *Moody Magnolia* (2019) | Watercolour + Ink on Paper | [www.cloudsofcolour.com](http://www.cloudsofcolour.com)



**Bec Brown**  
*Sunset Moths* (2018)  
Watercolour + Ink on Paper  
[www.cloudsofcolour.com](http://www.cloudsofcolour.com)



**Bec Brown**  
*Into the Blue* (2019)  
Watercolour + Ink on Paper  
[www.cloudsofcolour.com](http://www.cloudsofcolour.com)



**Jess Crawford**  
*Shining Through* (2018)  
 Mixed Media on Canvas  
[www.jesscrawfordart.com](http://www.jesscrawfordart.com)



**Jess Crawford**  
*Elephant for Luck* (2017)  
 Mixed Media on Canvas  
[www.jesscrawfordart.com](http://www.jesscrawfordart.com)



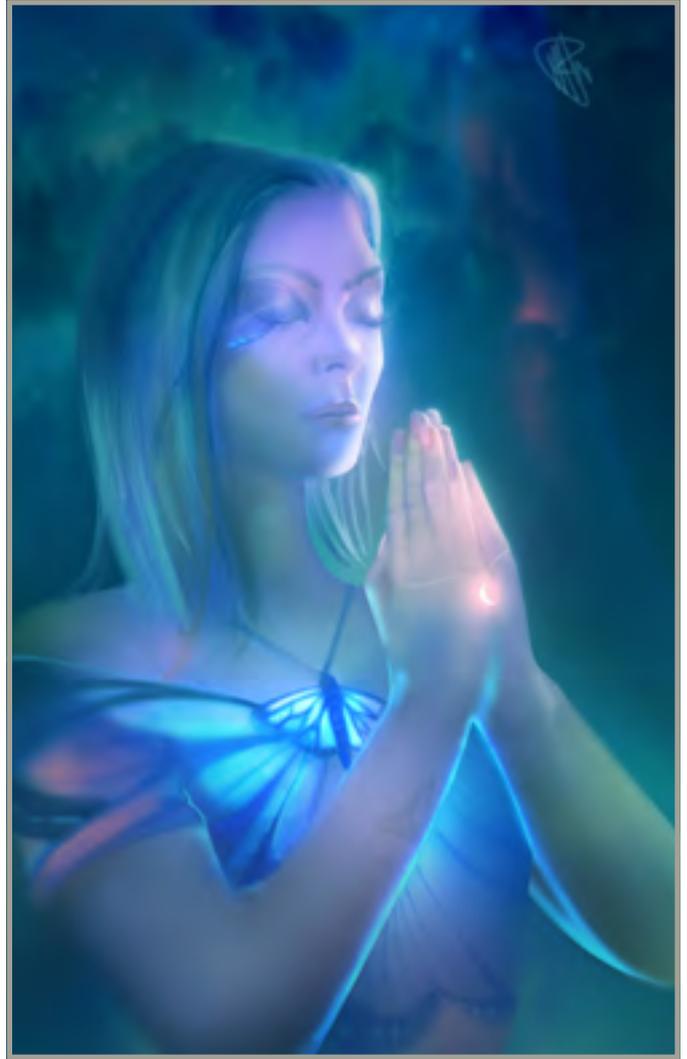
**Jess Crawford**  
*Magic and Healing* (2019)  
 Mixed Media on Canvas  
[www.jesscrawfordart.com](http://www.jesscrawfordart.com)



**Amanda Sears** | *Rainbow in the Wind* (2013) | Hand-drawn Digital Colour | [www.cometolifedesign.com](http://www.cometolifedesign.com)



**Marley Mcleay**  
*High Train at Noon* (2017)  
Google Sketchup + Adobe Photoshop  
[www.theartofmarley.weebly.com](http://www.theartofmarley.weebly.com)



**Marley Mcleay**  
*In Moonlight* (2017)  
Pencil on Paper + Digitally Coloured  
[www.theartofmarley.weebly.com](http://www.theartofmarley.weebly.com)



**Marley Mcleay**  
*Light and Wisdom* (2018)  
Pencil on Paper + Digitally Coloured  
[www.theartofmarley.weebly.com](http://www.theartofmarley.weebly.com)



**Marley Mcleay**  
*The Tui* (2013)  
Photography + Adobe Photoshop  
[www.theartofmarley.weebly.com](http://www.theartofmarley.weebly.com)



**Kirsten Baldwin**  
*Art Appreciation* (2019)  
 Acrylic on Canvas  
[www.kirstenbaldwin.nz](http://www.kirstenbaldwin.nz)



**Kirsten Baldwin**  
*Bearing Fruit* (2019)  
 Acrylic on Canvas  
[www.kirstenbaldwin.nz](http://www.kirstenbaldwin.nz)



**Kirsten Baldwin**  
*Flight of the Monks* (2013)  
 Acrylic on Canvas  
[www.kirstenbaldwin.nz](http://www.kirstenbaldwin.nz)



**Kirsten Baldwin**  
*Beach Buzz II* (2019)  
 Acrylic on Canvas  
[www.kirstenbaldwin.nz](http://www.kirstenbaldwin.nz)



**Kirsten Baldwin**  
*Beach Buzz I* (2019)  
 Acrylic on Canvas  
[www.kirstenbaldwin.nz](http://www.kirstenbaldwin.nz)



**Ingrid Boot** | *Tea & a Little Something* (2013) | Acrylic on Canvas | [www.ingrid.co.nz](http://www.ingrid.co.nz)



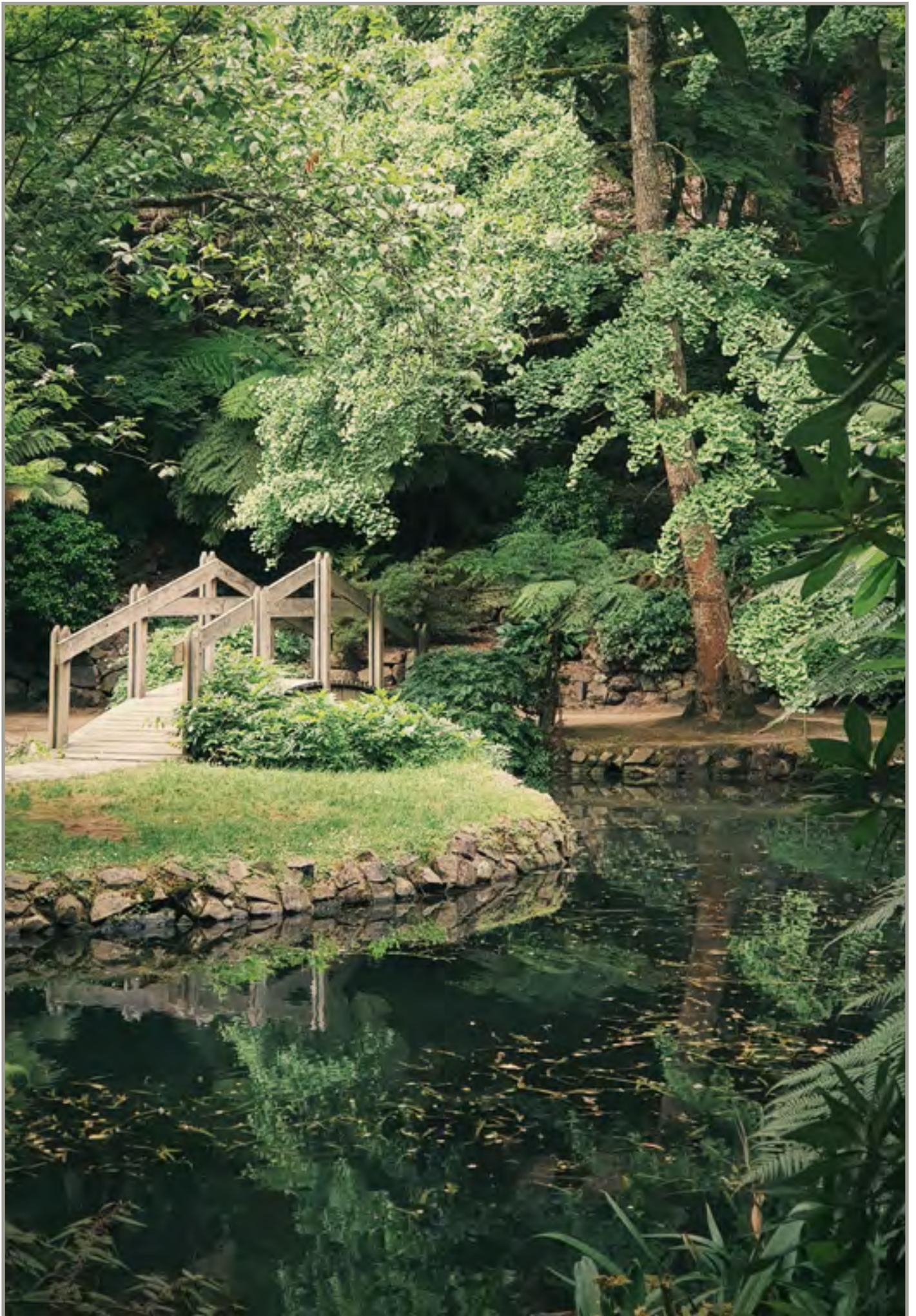
**Ingrid Boot** | *Dolce Vita* (2014) | Acrylic on Canvas | [www.ingrid.co.nz](http://www.ingrid.co.nz)



**Ingrid Boot**  
*Bon Voyage* (2017)  
Acrylic on Canvas  
[www.ingrid.co.nz](http://www.ingrid.co.nz)



**Ingrid Boot**  
*Midnight at Corner Bar* (2018)  
Acrylic on Canvas  
[www.ingrid.co.nz](http://www.ingrid.co.nz)





# CONSCIOUS LIVING

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# Home Grown Gardening

With **Tim Morozgalski**

**Mid Spring, our busiest time of the year. With weather becoming ever finer everything is taking off. Buds are bursting and the crops are growing.**

It is vital to stay on top of weeds at this time as they are also intensifying. If we are not careful they can take over.

Keep weeds away from the base of your plants, especially the smaller, younger ones. Around some of my more delicate and newly planted in ones, using rocks to create a circle around the base and maintaining that circle to stay weed free is a neat little trick.

Weeds are defiant but not all bad as we may have been led to believe. Although too close to our valued plants means that they fight for nutrients and may become nutrient deficient. As weeds grow at an outstanding rate compared to everything else, means they can quickly smother your plant, depriving them of light and space.

As we know, spraying chemicals over the land is a not great. Establishing a garden free of weeds is impossible and establishing a garden with plants of your choice requires patience.

If you have an area full of undesirables, for long term effect, it is best to plant out in stages. Eventually the plants you desire will shade out the pesky weeds. Try using a biodegradable weed mat to suppress weeds while your plants are establishing. Once the weed mat has degraded your plants would have taken over the job.

Whilst you wait for the planting season or for weeds to be shaded out, get to know them, learn to love them. Most 'weeds' have been purposefully brought here by the initial settlers as valued and treasured food and medicine. You may be shocked by some of the plant power hidden under our weed mats.

In some situations, planting season has finished, the dryness of the summer months can be too harsh for some plants in exposed areas and they won't make it.

Ideally plants have time to get established in their new surroundings with plenty of water, it may therefore be wise to wait until after summer to get your beloved plants in the ground.

In the meantime, we are still planting out in the vege garden. Be sure to keep the more tender vegetables either indoors or outdoors with a protection cover at night.

When raising indoors, the seedlings will take off and it is easy to get excited and plant them out too quickly. Try to remember they have not been exposed to wind, so must build strength, the harshness of the sun's rays and the cooler nights so must toughen up.

Taking these seedlings outside once they reach a certain height during the days will help them strengthen. Soon after put them out for a night here and there. Eventually plant them straight into the planned spot.

The last frost is usually around, but not limited to Labour weekend, keep this in mind with more tender plants. In a couple of weeks we should definitely be out of the frosty woods!

Start using your natural sprays to keep the aphids a bay. All the new tasty shoots are prize food for pesky bugs. Keep an eye out. Remove any with your fingers or water, gently.

Using oil sprays with chilli or soap sprays makes the plants inedible or hard to stick to for the little bugs, so a covering every so often can help keep their numbers down.

## **The Tim's Garden Team**





# Conscious Business

With Guest **Space Craft NZ**

## Questions answered by:

Keile Johns – Business Manager and Director

## Tell us about your conscious business:

Space Craft NZ Ltd is a building company specialising in design and build of smaller homes. We also redesign and renovate existing homes to capitalise on unused or wasted space.

The company is owned by myself and my partner, Simon Collins. When Simon and I met, we were enamoured by the idea of simplifying life; driven by a recognition that life was peppered with absurdities that kept society moving in directions that seemed crazy and out of kilter with what many believe. We decided to start Space Craft NZ with a passion to foster change within the design and construction of homes. Our main aim is to provide choice for people looking to build or renovate better designed spaces which make use of every square metre, or as our credo suggests, *“building more of what matters”*.

## How do you do business more consciously?

Our company insists conscious business is a process. We don't say, *“we are a conscious business”*, we say *“we practice conscious business”*. We build houses, but we also build relationships.

The “what matters” part of our business ethic includes our company practices of leadership, communication and culture. The process involves recognising that our stakeholders (employees, sub-contractors, clients, suppliers, investors, environment) are our most valuable relationships. These stakeholders are potential advocates for not only what we do (building) but how we do it (business).

As the business manager, I am always engaging with ideas around passion and purpose, while having one eye on the profits. Profits are important, but we understand that nurturing the passion is the most rewarding way to do business.

Space Craft NZ is a natural extension of ourselves and our vision for the way business should be done in the future.

## Describe your unique business attributes:

We love what we do. We love designing. We love building. We love doing business. We even love our accountant!

The point I am making here, is that we work out of love, not fear.

I have been interested in ideas around the 'pragmatic role of love' in business for many years. I am interested in the mood of the marketplace and its relationship with doing business with companies that honour love as an attribute.

Modern businesses understand that doing conscious business is one of the biggest competitive advantages over profit-driven bottom line companies. In addition to the premium product we deliver, honouring our relationships, our networks and the passion for our building methods and business practices set us apart.

## How have you found doing business this way?

One of the things about running a company that practices conscious business is the capacity to make purposeful (and sometimes even playful) change in our organisation in order to achieve the outcomes we desire.

Simon has moments where he suggests that *“things often work out if you let them”* (quite the philosopher for a builder!).

It means taking that breath when challenges arise, observing situations, knowing when not to speak, using intuition for guidance and remaining fully aware of ourselves and the business.

We have built this business together; we are raising it like a child. It is growing, sometimes jerking away at its own pace, but always gently guided by our philosophy of mattering, as Maslow suggested, *“beyond our own skin”*.

## Find out more on their website:

[www.spacecraftnz.com](http://www.spacecraftnz.com)





# Consciously Creative

With Guest **John Jepson**

## **Tell us a little bit about yourself**

At the age of 21 I moved to New Zealand from the UK realising a dream I'd had since age 14. I'd been lucky enough to be part of a school exchange to NZ and I had always had an incredibly strong desire to come back to live. Nowadays I live with my wife Leanne and daughter Kate on a lifestyle block in Tasman.

I have been creative since a very young age and had a lot of support from both my parents. Some of my happiest times as a child were when I could just spend time creating. I loved working in 2D and 3D depending on what fun recyclable objects we'd collected that week.

## **What is your background and what do you do?**

I have a very varied background including tourism, outdoor pursuits, marketing and much more and occasionally my job has gone hand in hand with my creative side. However, about five years ago now I had an epiphany where I became overcome with a desire to just create. I had limited tools available to me at the time, so I just grabbed a sharpie and a piece of scrap wood and began to draw a Tui. I liked how the Tui looked so I then decided to draw a Fantail. From there I carried on creating native bird inspired art on scrap timber from all over the place, but have since developed my style to work predominantly with coloured pencils as I love the soft opacity I can harness where the grain and original features of the timber shine through.

## **Explain the way in which you work:**

Creating is quite a release for me and I like to have everything just so before I can begin work. Perfect creating conditions include a sleeping child, large mug of strong tea, pencils all nicely sharpened, and some dramatic movie scores to take me on an emotional roller coaster fraught with inspiration. I'd say the biggest thing that makes my work rather unique is that I'm actually drawing on to raw timber. A lot of people assume that I must have to use paint, but when they look closely and can see the original features of the timber shining through the image they get a real buzz as it's something they never would have considered.

## **What or who has shaped your creativity:**

My Mum and Dad. Growing up on the South Coast of England meant that we were within easy reach of lots of beautiful outdoor places. When we were out and about exploring my Mum would always be the one to point out how gorgeous everything was, be it the colours of the leaves or the incredibly wind battered trees on a cliff top. She would exalt about the changes of season and all the visual pleasures it would bring. She instilled in me the ability to see beauty in my day to day life and I'll be forever grateful.

Over the years I have watched my Dad re-purpose all sorts of timber in to all sorts of things. I was with him when he rescued piles of timber off a beach after a boat went down, and I've watched him turn a stack of old wooden telegraph poles and ladders in to one of the most beautiful pergolas I've ever seen. I definitely wouldn't be as interested in re-purposing pieces of wood had it not been for my Dad.

## **What inspires you?**

My biggest inspiration is New Zealand's natural environments. There's nothing I like more than being immersed in our native bush surrounded by birdsong. I feel very lucky that we get visited by lots of native birds in our rural garden, so if I'm ever short of inspiration I just head outside for a stroll. I share a lot of my work on social media and also at some local markets and I find the positive responses I get are a great way to feed my creativity and keep me moving forward.

## **Advice for others on their creative path:**

When the inspiration hits just go with it! There may never be the perfect moment, so when you're feeling inspired be sure to make the most of it.

Expressing yourself creatively and then sharing it with the world can be scary and exhilarating... a bit like skydiving haha!

## **Find out more on his Facebook:**

[www.facebook.com/KanukaGlen](http://www.facebook.com/KanukaGlen)



# Conscious Living

With Guest **Seona Christie**

## TINY HOUSE LIVING

**Tell us a little bit about your journey:**

Long story, short. But you need the background!

I immigrated to New Zealand from Scotland in August 2009. Starting out in Christchurch, my hubby and I were renting with a view to building a strawbale, or Fraemohs house in the district. We had big plans and big dreams.

Tragically I lost him in an accident just 16 weeks after we arrived, and after that I threw myself into everything you're NOT supposed to do.

I bought 'the worst house on a decent street' and the whole renovation of the house, and myself started. The reno, including double glazing, reroofing, new bathroom, recarpeting, total insulation and regib, walls up, walls down, patio doors re-sited, and a new, flatpack Ikea kitchen, brought with us from Scotland, was undertaken using me as labourer, with a couple of 'mature' builders undertaking the 'big stuff'. I worked into the wee hours when they left me tasks to finish overnight, prior to them continuing the work the

next day... Gardens were also totally restyled and landscaped, and a massive deck built out the back of the property. I had planned to stay here and had invested in this place and its people, and wanted to 'pay forward' the amazing support I had received when Ewan had died.

*My heart and soul had gone into this space...*

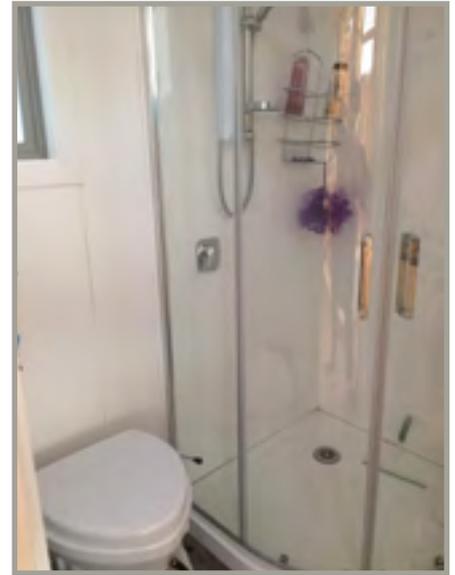
Earthquake one hits mid-reno but I carry on and see how I can help those around me...

However, I struggled with the challenges that presented themselves to create any sort of 'normal' living in 'quakesville', and when the second quake struck, I had already decided to start applying for work in Nelson as we had 2 couples that followed us out from Scotland, who were living in the Nelson area, and I always felt that Nelson felt like 'home' to me - so I moved up to Nelson and rented out my newly finished house.

I've lived in the Nelson area ever since.

At this time I was flatting with a friend, and ex-work colleague who was building tiny houses, and I woofed for him on 2 of those. We are both





ex-Nelson Environment Centre people, and all things environmental, and sustainable are pretty high on our radars...

### **Why did you decide to live in a tiny home and what kind of tiny home did you choose?**

Having done the whole 'kiwi' thing of being a tenant, a landlord, and both - at the mercy of NZ geology - I decided that a tiny house on wheels was going to be the answer to my 18 house moves since arriving in New Zealand! *Bricks and mortar, piles, poles, concrete slabs, and bases are just not my idea of 'feeling safe' any more!*

My friend agreed to project manage and build with me when the time came, and we took 4.5 months in 2017 to complete my tiny house build.

My tiny house is called Koru Kottage and is on a trailer, and is totally self contained.

### **Why did you choose this type of tiny home?**

I didn't want the expense of maintaining an engine in a house bus or truck, as I didn't envisage my 'travelling around' with it, and if I ever need to shift, I would hire a transport company or a friend to tow it.

### **Tell us more about your tiny house?**

Koru Kottage is on a trailer, 7.2 x 2.4 m and is single storey and totally self contained. I had studied heaps of other designs and websites, and wanted to 'make the space mine', and with the help of both my ex-colleague and architect friend, we drew up the basic design and cost estimates, and went from there.

My bed is on a hand crank winch - it's kept on the horizontal, and goes up to the ceiling, out of the way for day-time, and gets lowered for night-time. It has a light weight foam mattress - as a

regular inner sprung one was too 'deep' and required muscles like Popeye to even contemplate winching anywhere! My cleverly designed seating houses a roll-out storage truckle, and heaps of room for bedding, etc. A second seating/display area houses my library and shoe box, and my kitchen and bathroom are better appointed than my first flat in Aberdeen!

I use bottled gas for my hot water and cooking, using a 3-burner marine stove, that has a grill and oven and is super efficient. The glass lid flips up when cooking and down to the horizontal to give me more bench space. I have a pull out pantry, heaps of storage and use a 3-way gas fridge freezer (can use solar, gas or 12V). These are commonly used in RVs and the like.

I have a full sized shower - the one item I wouldn't compromise on - but I only have a 4 minute shower and I am happy with that! I use a front loading washing machine that is very water efficient and composting toilet that uses no water at all.

My wardrobe is in the bathroom, but is not affected with dampness as the shower has a shower-dome, which is a no-brainer in a space such as this. My water pump, and gas hot air heater are housed under the sink unit in the bathroom. The hot air is vented to the bathroom and the main house area. I had no other source of heating in my first winter here, and it was really quite efficient, however, since installing my 'little honey' wood burner, this has been pretty much obsolete.

I use water from the roof, and solar provides my phone/computer/web-access and lighting energy supplies. However, I also have a generator that runs the washing machine (directly), and a charger had to be added to allow batteries to be



topped up in winter when the 3 panels weren't enough.

**Describe the upsides (benefits) and downsides (or learning curves) you have found living in (or building) a tiny home...**

Gosh! There are so many (benefits and curves)! Where to start?

One of the main feelings I have experienced, has been one of 'cleansing' and 'lightness' in my life.

I have never been a materialistic sort, but jeez, you have no idea how much 'stuff' you need to admit to having gathered over a lifetime. Less is best, for me, at any rate. Shedding all this surplus 'stuff' has been an en-lightening process for me. For example, I gifted our beautiful 8-setting dinner set to my lovely, sociable friends, and all the pretty things that go with it... And I love seeing them use it with their big, sociable family, and they know its history and love it all the more. I've gifted hubbies favourite things to friends that I know respect and love their history. Books, ornaments, you name it. I've sold a lot of 'regular' stuff too and the Nelson/Stoke/Richmond/Blenheim Op Shops and Recycle Centres have been very well supported!

I've been in Koru Kottage for nearly 2 years, and I recently dealt with the few remaining banana boxes that had been 'out of sight, out of mind' in a friends container - one being marked 'keep' that I'd packed on return from Blenheim in 2016. Out of that one box, I kept only 3 wee items!! Really! ...Yes!

You just constantly re-assess what you need/ use/love. I don't hoard 'just in case I might need', and only have what I actually use or love.

If I need anything for a one-off, I hire, borrow, or buy and sell it on, with no 'attachment' to it any more. I do however, still require a form of secure external storage as I love my outdoor sports.

I'm still working on projects in-house, eg, I've recently decanted all my photos from their albums (3 banana box-fulls), and will montage the pictures to the inside of the cupboard doors, (once I've scanned them electronically). I still have splashbacks to install, and personal pictures to secure to the walls. I still have a shade sail that I want to install to the front area of the building and my little garden is a work in progress...

*Living tiny to me means simplicity, peace and clarity...*

**Challenges?**

For me, the build was a challenge, with questions that hadn't even been thought about, requiring considered answers, constantly! It required an ability to visualise things, and plan future requirements that you're not even contemplating in the 'now'!

I did love that I was very hands on, and learning to used my husband's power tools safely, and confidently. I know the house from the bottom up, inside and out! But I appreciate that not everyone would want to have that detail or knowledge.

Once living in the house, some of the challenges have included:

- Synchronising the battery monitor and solar system, running out of power in the winter before acknowledging (or admitting) that I

needed to add a charger and a generator that I hadn't planned for

- Initially using a chemical loo (toilet) before I could afford the composting and having to visit the effluent disposal area every 4 days,
- Running out of gas mid-shower and having to scoot outside while wet to turn on the second gas bottle! Yes, I have an automated valve but then you run out of both bottles at the same time (and 4 o'clock on a Friday is not an option to run out of gas!)
- Once the composting loo was installed, it has been a learning curve to ascertain how dry the coconut coir needs to be when you empty out the box and are starting fresh with an empty box and new coir. If it's too wet then you end up emptying the box sooner than you need to! Actually the process isn't gross at all, but maybe the thought of the process isn't the sexiest concept of tiny living!
- Remembering to switch the water pump and wifi off and always check the battery monitor on leaving the space!
- Always be aware of conserving water (autumn and winter is not so bad).
- Oh, I can't use an iron these days... so I try to make sure I have non-crumple clothing that I roll rather than hang... and I use hand towels as bath towels because they're quicker to dry!

I love that I don't have a footprint, it's more like a paw-print!

I love that I use so little energy and water!

But it still makes me frustrated that a flushing toilet uses SO much water just because we don't want to look at, deal with or be responsible for our own bodily emissions! Even the chemical loo only used 1.5 litres for 4 or 5 days use. Why do we need to use potable water to dilute our pee?

### **Advice based on your experience for others considering living in a tiny home...**

I am used to living in small spaces, coming from small flats in Aberdeenshire. I am pretty organised about putting gear away as soon as I've used it, otherwise the place looks like a bomb has gone off!

Clear space means clear mind for me... but I still manage to find distractions and procrastinations!

Can you work backwards from your ultimate goal? Write down what you want out of this lifestyle. Write down what you/your partner want/desire from it, separately, what you will/wont

compromise on, and then bring your lists together – you will be surprised!!!

Can you future-proof your concept? That's one of those, unknowns, but worth consideration... how many to live there, built for one, could two co-exist? Built for 2, what about kids coming along? How towable/permanent? Dual 12V/regular ac/dc fittings? Grey water/internal/external storage/disposal? Multifunctional spaces/tools/gadgets? Need/love/use items?

If you can try to downsize your gear before you make the move, or if you can set up a pseudo small space within your existing space, you will get a good feel for it..

Yes, there are things I would do differently... like having a trailer that sits higher from the ground so that plumbing is easier!

Yes I love my massive window, and no I would never do it that big again as I was fearful it would break in transit...

... but the house itself... I LOVE KORU KOTTAGE!







# Conscious Community

With Guest **Age Concern Nelson Tasman**

## SERVING THE NEEDS OF OLDER PEOPLE

### Who We Are:

We are the go-to charity for older people in Nelson Tasman, delivering a wide range of services with the ultimate aim of keeping our region's 65+ population safe, free from harm, connected and supported.

### What We Do:

- Lots! Our core services including responding to and supporting people suffering elder abuse (*mostly financial and psychological*)
- Supporting people living in self-neglect
- Providing volunteer visitors who offer friendship and companionship to over 115 people each week
- Delivering education and raising awareness on the issues facing older people to health professionals, groups and organisations
- Running educational workshops on safe driving as you age and Life Without a Car
- Van trips and transport options for people who no longer drive
- Tea & Tech - which matches teenage volunteers with older people 1:1 to help them untangle the digital world and upskill them with their smartphone, tablet or laptop
- Pet Connect - which takes pets into rest homes
- Tea & Talk - we have five of these weekly morning teas around the region, offering a low-cost cuppa and some socialising

We've also recently introduced a fabulous Sing Yourself Well group, which is all about singing to feel good!

### Why We Do It:

To help our older people keep feeling vital, connected, valued and worthwhile.

Social connection is one of the most important things we can do for our health and well-being. Lots of worldwide scientific research shows that chronic loneliness can lead to developing dementia, going into a rest home, having a heart attack or a stroke. The more socially connected we are, the longer we live.

Fact! There are many factors that can lead to older people becoming disconnected - loss of partner and friends, failing health, downsizing or moving, giving up driving.

It's our aim to do what we can to help them back into their community, and encouraging everyone else in the community to do so as well.

### How Can You Help

Even by acknowledging that older people are valued, you're doing your bit.

Look out for your elderly neighbours, pop in and check they're OK, or invite them round for a cuppa or Sunday dinner. If you want to do a bit more, then get in touch with us about volunteering opportunities. You could be a driver, a Tea & Talk host or a visitor. We're always on the lookout for willing helpers! If you can't donate your time, but would like to help us, we have various ways in which you can financially assist us to do our much-valued work.

We live in an ageing society, and in 25 years' time the number of 65+ in the region will have doubled. You might even need us!

**Check out our website for more information.**  
[www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)





# Sustainable Living

With Guest **Intelligent Living**

## STEVE AREEN'S EARTHEN DOME HOME + BUILDING EARTHEN DOME HOMES IN 6 WEEKS

What if you could build a beautiful home that worked with nature, was built using nature, became one with its surroundings while still containing all of the basic amenities of any other home that you've ever lived in? In the country of Thailand, Steve Areen built just that in a mere 6 weeks, with the low budget of only \$9,000 (Not sure of currency, but possibly USD).

Though not suitable for colder climates, the walls of this 500 square foot home are built with cement blocks and clay bricks because compressed earth blocks were not readily available.

"The cost for the basic structure was under \$6000. It took a few more weeks to add the details, such as doors, screens, pond, upstairs structure, stonework and landscaping. All this, including furnishings, was under \$3000. ..Bringing my total cost to about \$9,000. Please keep in mind this is in cost-friendly Thailand." -Steve Areen



Photos by Steve Areen - [www.steveareen.com/domehome](http://www.steveareen.com/domehome)



## SO HOW DO I BUILD ONE?

If you are as excited to live in a beautiful sustainable home as we are, then you may want to take the time out to check out the resources on our website. There are people all over the world building homes just like these, and they are even kind enough to post their results and methods on the internet. In this article we show you which materials are used for what and how to build the actual structure of an earthen dome home.

### STEP 1: FOUNDATION

Building an earthen dome home starts from the ground and continues upward: knowing the basic steps for building a foundation is critical to ensuring the safety and longevity of your home.

Foundations are the support structure for the entire building and must be made out of certain materials and include a simple system of drainage so they don't fall apart; if the foundation falls apart you can say goodbye to the entire structure.

The material used to build the foundation is heavily dependent on the weight of the building, pun intended, and this determines whether gravel, concrete or any other type of material should be used.

Though there aren't many instructions for foundation building that look specific to earthen homes, there are many in-depth guides all over the web that can teach you how to build a foundation for your needs. One of the best ways to do this for a natural home is to use earthbags for foundation building, which may also be used to build up the actual walls of the building.

### STEP 2: WALLS

Walls are built directly on top of the foundation and must somehow be 'tied' right into it, so they don't slide right off of the foundation and collapse. When working to build an earthen dome home, there are many different types of building materials to choose from when building the walls. Some may opt for "normal" building materials such as concrete blocks, bricks and mortar, lumber and huge rocks to bond together, but we're also going to discuss some unique techniques that are not commonly spoken about in the modern era.

Though to some they may seem strange, the following wall types are, on average, much more fireproof, insulative and structurally sound than conventional building methods. There are many more than what is shown here, but these are some of our favorites.

*Strawbale* walls are typically made up of thick bales of dense straw framed within lumber supports. These bales are normally acquired from farmers at very cheap rates and once framed within a wall stand the test of time. Straw buildings are so insulative that they may save the homeowner 75% in heat expenses when compared with conventional buildings. Strawbale.com has a lot of amazing photos and instructions to help people build their own straw bale homes. Of course, this method also brings an increased risk of fire.

*Compressed Earth Blocks* are bricks composed of a blend of soil types that have been put through a powerful machine press, some reaching pressures of 1000 pounds per square inch. There are many in-depth guides which cover the details of creation, soil blend, expense, engineering and much more. CEBs don't require as much mortar to bond them together as conventional bricks, and are quite simple to bond even for the beginner: many designed, as in the picture, are even interlocking! Though there are many presses that may be bought, there are also many which are open source and widely promoted in the DIY



community.

*Earthbag* building surpasses most building methods in terms of structural integrity, low cost and use of sustainable resources. Similar to other earthen building methods, they are merely large bags that are filled with different types of soils and sometimes cement, lime or other bonding agents to harden the bag once filled. Earthbag buildings exceed code expectations for fire, earthquake and flood resistance, making them top notch for being protected from natural disasters. Guides for using Earthbags are prominent on the internet and there are a few websites which detail hundreds of plans.

### STEP 3: MORTARS AND WATERPROOFING

So you've decided which material type(s) you'd like to build with and realize that you're going to need some sort of mortar to bond the layers together. Mortars are a mixture of moist elements used as an adhesive and enclosing layer

in-between building materials, which hardens over time. Earthen mortars have been used for thousands of years, one of the two methods we'll mention goes back further than the Roman empire.

You may have thought that we've forgotten about the ancient method of using cob. Although you may build an entire wall out of nothing but cob it is more common, and better, to use cob as a means of holding things together rather than built up as the entire wall itself. The greatest benefit of building with cob is the ability to gather raw materials from the local area to create a mortar of good consistency. The internet has many free guides available, all accessible with a simple web search.

The use of lime mortar is at least as old as the ancient Mayan civilization, which used it to cover all of their stonework in a brilliant white color. There are different types of lime mortar and each comes with their own methods of application and specific uses.

Many people question the structural integrity of earthen homes in fear that they may erode due to water and rain, but when using the following techniques this becomes a non-issue. One of the most common uses for lime in earthen home building is as a plaster for a waterproofing layer. This may also be performed in conjunction with a cob plastering.

Both cob and lime have multiple recipes for different uses, meaning that though a home may be made with all of one or a combination of material types, that the mixtures are not made with the exact same ratios of materials. More advanced methods of modern waterproofing include using multiple layers such as a sealant and a membrane layer which may then be covered in yet another earthen layer to double as an insulating layer.

#### **STEP 4: ROOFING**

Roofing an earthen home doesn't have to be difficult, and doing so is similar to using modern conventional roofing except involves using local earthen materials. However, each structure must have a roof which is more specific to its building type, which is where things can become a little tricky for people. If the building structure is very strong and load bearing, such as an earthbag home, then you may apply a very heavy roof, yet if the structure is weaker, such as a strawbale home, then a lightweight roof is needed.

The method specific to building an earthen

dome, however, is to slowly arch the walls toward the center of the dome until they lean upon themselves, adjoining to one another for support. The key building methods used to create earthen domes, and other earthen homes with hemispherical rooftops, are vaults and arches. This roofing method is most appealing in areas where timber is scarce, using it in conjunction with earthen building doesn't require any timber.

It's very important to take geometry and engineering into account when doing this, and there are calculators which may assist. In West Africa, using vaults and arches in roofing is known as woodless construction and is as simple as using the above information on walls and mortars to build the roof.

Thatching is another very old skill and is much more difficult to apply perfectly than the other methods we have mentioned, and those we will still mention. In being as old, and as commonly used as it has been and still is, there's a lot of information on thatching on the internet, including the many types of grasses which may be used. Harvesting the right plants may sometimes prove to be difficult, however, it would not be difficult to simply grow the right plants since they are very common grasses. Thus it is best to thatch in places where these grasses grow native to the area. The benefits of a thatched roof are its effectiveness as a waterproof and insulating layer, its lightweight construction makes it great for buildings that aren't load-bearing, and it is easy to maintain and repair.



Imagine what a rooftop would look like if it was entirely covered with thriving green plants and flowers: this is what is known as a Living Roof, and they are absolutely gorgeous!

Living rooftops are nothing new, ancient societies and cultures across the world have used simple dirt rooftops in the design of their homes. These ancient rooftops eventually become naturally seeded, but modern society has found multiple manners of improving on the concept and applying it to modern conventional building.

Green rooftops are normally very heavy, and most suited for strong load-bearing structures, although they may be built lightweight as well.

Layering is very important in the construction of a living roof on top of an earthen home, and roots, insects and water may find their way through the walls of the building and ruin the structure. Due to these problems, many innovations have been thought up and there are a lot of guides on the subject. Green rooftops are much more common than people may know, and cities across the world are applying them to skyscrapers. There are even rooftop farming operations!



Vigas, or bunker fill roofs, are the most similar to modern conventional roofing: they use logs which lay upon and perpendicular to two of the walls in which a roofing layer is placed on top of them. This type of roof has been used in earthen homes for thousands of years, specifically with adobe-style homes in the Americas. Vigas are versatile and they can be layered with just about any type of roof whether modern conventional; earthen traditional, thatching, living roofs, or even a sod roofing which will grow into a living roof. This rooftop will last for a very long time and is easy to maintain, which is why it is still very common even in the modern world.



### STEP 5: FLOORS AND INTERIOR FINISHES

Now that we've covered everything about building an earthen home that will stand, it's time to talk a little about the inside of your new sustainable home. As seen in Steve Areen's earthen dome pictures at the very beginning of this article, the inside of an earthen home can be very beautiful and unique! Of course, it would be simple to pour a concrete floor, perhaps layering tile on top of it, but this article is all about how to build an earthen shelter and not a concrete one. Earthen floors and earthen interior walls are rich with color and stand very well to the test of time. The information concerning cob and lime are very useful for the interior walls as well.

Earthen floors are highly versatile and can be made from a combination of many materials. Imagine using flat polished stones as tiling with cob mortar to hold it in place, as most are very smooth and highly resistant to wear and tear. As with all other elements of your earthen home, the floor may also need layering beneath it, such as a polyethylene sheet, to protect it from the moisture of the earth it. Earthen interior finishing is just as versatile as earthen flooring, but this is where a truly artistic vision can flourish and help your home stand out from others. Most earthen plaster recipes are very similar to what we've already mentioned throughout the article, but there are many unique alternatives. While you're building an earthen home from the ground up, already gathering materials and mixing your own earthen products, why not make your own natural paint?

### Earthen Dome Home Design Plans

Those are the basics behind building an Earthen Dome Home from start to finish. We hope that you use this article in the pursuit of becoming more sustainable, more eco-friendly, and to share with those people who would also love to live in an earthen home.

**Check their website for more information + links to other related topics and plans.**

[www.intelligentliving.co/building-earthen-dome-homes-6-weeks-diy/](http://www.intelligentliving.co/building-earthen-dome-homes-6-weeks-diy/)

*(Originally posted by Intelligent Living by Asura July 11, 2014)*







# SPIRITUAL GUIDE

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# Divine Guidance

With **Michelle Cotton**

## SELF LOVE

Self-love is the basis of everything within you, it creates the essence of who you truly are and provides the confidence to shine your light and follow your truth on the path you desire. It frees you from the matrix of society and following the beliefs and conditioning bestowed upon you throughout your life from birth.

When you have self-love, you are open to fully receiving love as well as truly loving another in your life - this also makes it easier to give yourself the life you really deserve - self-love is an incredible gift to yourself once it is set free within.

For years people have put their focus on filling the void within themselves by gaining material items to bring joy and happiness, however that is short lived. It is also often that some look for love in others to feel good about themselves, and this too is generally a short fix to the real issue - whether from childhood at school, home or work - whatever the experience was that caused you to lose the love of yourself within, know this:

*It is possible to regain it!*

Now is the time to get back in touch with who you are at your core, to find the light shining within and nurture yourself until it starts to glow brightly again. A time to find the joy in the simple things in life and regain that feeling of being whole. It can take some time depending on how much you put into yourself, and for some of you getting support around learning something new like meditation or yoga if that helps reconnecting within. It will be worth the time and effort because you know the wholeness within one's self, is exactly that within you.

It is often through tragedy or illness that creates an awakening to the reality that has been overlooked, the one aspect missing in one's life - living their true purpose in alignment with their soul.

People have been so busy making enough money to survive and take care of those around them

that they have lost sight of their true potential and existence... most of all how special and unique they are and an important person contributing to the world.

When you have self-love, you can help others so much more and see the truth in the importance of humanity as a whole. The lack of self-love keeps humanity separated from each other - when whole, the power to create change is incredible. There is enough food and caring for all when united together as a community once again.

Let yourself become the person you were born to be. Set yourself free from the limitations and blockages that come from doubt and fear. Let go of the past, the hurts and harm from others as well as yourself you may have experienced. Holding onto the past and having blame or stuck beliefs about what has been done can create trauma and follow you throughout your life preventing you from moving forward with a loving heart to ripple through time and space for all.

What you choose effects those around you to live a life of joy and love. Take a deep breath and let go of all that no longer serves your highest good so that you can fill your heart with love. Allow it to fill your whole being until it is overflowing from your body and out to all those around you, it is an unlimited supply.

Take time to sit quietly and give thanks for all you have, your life, your health, your friends, family, the food you eat. Whatever you have at this time; from the sun shining, to the stars and moon, the trees and blue sky - there is an abundant supply of what we can be grateful for here on earth.

Start your day with gratitude... to have the air we breathe and the body we live in. Treat it well and it will serve you well... the same applies for the earth itself.

*Bless you all.*

**Angel Gabriel with Divine Guidance through Michelle Cotton Pure Vibration**



# A Magical Life

With **Elyse Santilli**

## 11 TRUTHS AND REMINDERS TO CREATE A MAGICAL LIFE

1. This is a holographic magical Universe. You can expect cosmic support, synchronicity, miracles, divine downloads, guidance, the right people and resources.

2. You are totally 100% worthy, valid and valuable simply because you exist.

3. Your heart/truth/passion is your purpose and compass.

4. Your desired reality, where you are experiencing a new level of abundance impact travel love and confidence, already exists in the quantum field. You just need to align with it.

5. You can energetically align with your desires by believing/imagining/feeling they are already true, releasing the outcome, and being led by your impulses/ideas/actions.

6. Your soul gifts are needed, no one else can do the good you can do, in precisely the same way. And if you have a gift to give, there is someone to receive it. The cosmos is designed that way, everything works in harmony like a giant orchestra.

7. Money is energy. Infinite abundance exists. You can create wealth and be a heart-centred conscious being.

8. Your unique precious authenticity only exists when you stop trying to be someone you are not. Give yourself permission to be fully soul-aligned and expressed. It's freeing.

9. Your alignment, joy and happiness come from you – from your connection with your core natural self, presence, gratitude and source energy.

10. You get to decide and design who you are. Start by claiming I AM that. And then embody that version of you until it becomes your natural self-image and state.

11. By being who you want to be and living the way you prefer, you give other people an example of what is possible – you show them a different way of being/earth/frequency is available.

May these 11 reminders to create a magical life serve you today, beautiful gorgeous divine being!

**Elyse Santilli**





# Spiritual Guidance

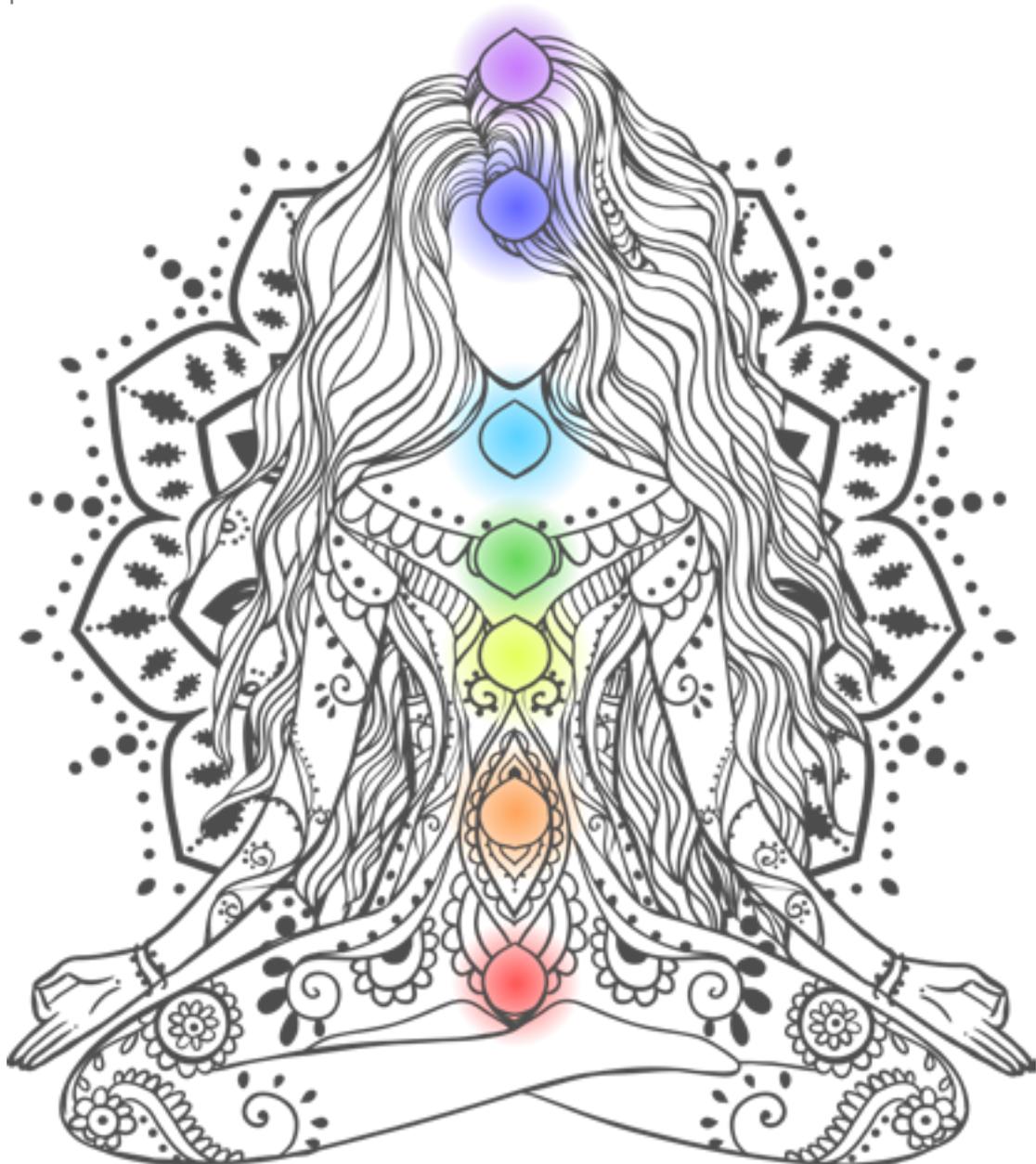
With **Renae Bailey**

## AN INTRODUCTION TO YOUR CHAKRAS (ENERGY CENTRES)

*There is a great deal of information on the internet about our chakras, so I will keep things simple here, and allow those of you who wish to explore deeper, to do so at your own pace.*

There are 43 Chakras corresponding to points in the physical body, and at least 5 chakras outside of our physical body, existing in our energy field. Today I am focusing on the 7 major chakras.

The word 'Chakra' is derived from Sanskrit and means 'wheel'. The chakras are circular energy centres connected to a fine channel of energy running parallel to the spinal cord and our material body could not exist without them. Serving as gateways for the flow of energy and life into our physical bodies, each chakra is associated with a certain part of the body and a certain organ, which it provides with the energy it needs to function. Each chakra also corresponds to a specific aspect of human behaviour and development.



The **lower chakras** are associated with fundamental emotions and needs, and the finer energy of the **upper chakras** correspond to a human's higher mental and spiritual aspirations and faculties.

Both blockages in the energy flow, and an excess of energy in the chakras can lead to imbalance and disharmony on the physical, mental and spiritual levels. Such disturbances are caused by stress and trauma as well as painful experiences or an excess of joy.

### **1. THE 'ROOT' OR 'BASE' CHAKRA** **(The Muladhara Chakra)**

Is red, and located in the coccyx of men, and between the ovaries in women. This chakra is the seat of our primal energy - survival and self preservation instincts, groundedness, security, connectedness to the earth, the ability to live on the physical plane, and sense of life purpose.

### **2. THE 'SACRAL' OR 'SEXUAL' CHAKRA** **(The Swadhisthana Chakra)**

Is orange, and positioned slightly below the navel, in front of the sacrum. It is the centre of sexual energy; our ability to connect with others on an intimate and sexual level, giving and receiving, expression of emotional and sexual needs in a relationship, our ability to relate sense of self to another, sensitivity, and our ability to respond. The feelings of other people are directly perceived with this chakra, making it one of the centres of extrasensory perception.

### **3. THE 'SOLAR PLEXUS' OR 'NAVAL' CHAKRA** **(The Manipura Chakra)**

Is yellow, and lies slightly above the navel. It is the actual centre of the body, the place where physical energy is distributed, our sense of personal authority and self control, our nervous system (emotional radio). When we are scared, we can feel this area tightening up. This is the area of power and control issues.

### **4. THE 'HEART' CHAKRA** **(The Anahata Chakra)**

Is green, and positioned in the middle of the chest at the height of the heart. It is the centre of real, unconditional affection as well as brotherliness, spiritual growth, compassion, devotion and love and forgiveness.

Many Eastern methods of meditation are especially designed to open up this chakra. It represents the beginning of the upper chakras, which all correspond to spiritual issues. A lot of people have some fears about experiencing true communion and intimacy with another person,

due to having previously experienced pain in a love relationship. As a result, love is eventually associated with pain. Barriers are then created in the heart chakra to prevent the loss of control and feeling love deeply (lest we be hurt again).

However, our Divine origin is spiritual love. Love is the source of all our power, of everything we need and desire. To block love's awareness is to block everything!

### **5. THE 'THROAT' CHAKRA** **(The Vishuddhi Chakra)**

Is sky-blue and the chakra of communication, self expression and creativity. This is also where you hear your inner voice and voices coming from extrasensory realms. Fears about communicating shrink the throat chakra and often create physical discomfort in that area.

### **6. THE 'THIRD EYE' CHAKRA** **(The Ajna Chakra)**

Is indigo, and lies in the middle of the forehead, a little higher than the eyebrows. It is the centre of such forms of extrasensory perception as clairvoyance and telepathy. The intuitive insight that transcends the five body senses and the limitations of time and space, it is here that we visualise things. The opening of the Third Eye corresponds to spiritual awakening in many mystic traditions.

If you close your eyes and place your attention on the area between your two physical eyes, you will begin to see or feel an oval shaped object lying on its side. This is your third eye, and it is looking directly at you. It is the eye of your true self or your higher self. The reason why the eye is turned towards you is because everything is within you.

### **7. THE 'CROWN' OR 'LOTUS' CHAKRA** **(The Sahasrara Chakra ... lotus of a thousand pearls)**

Is violet and positioned at the top of the head, at the fontanel. This chakra represents the highest level of consciousness that mankind can attain, known as enlightenment, consciousness of unity and the consciousness of "I AM". (For this reason a spiritually awakened person is often represented with a halo or rays of light around his/her head.) This chakra is the seat of intuition and direct spiritual vision which exceeds the ability of clairvoyance by far.

The crown chakra crowns the chakras within our bodies. It is essential to claircognizance, or "clear knowing", which is the ability to receive thoughts, information and ideas from the Divine mind or collective unconscious.





# Spiritual Guidance

With **Renae Bailey**

## A SIMPLE METHOD FOR CLEANSING YOUR CHAKRAS

Chakras shrink in size when we hold fearful thoughts about the issues corresponding to that chakra. They enlarge out of proportion to the other chakras when we have obsessions about the issue related to a particular one. For example fear about money would create a shrunken root chakra. Obsessions about acquiring money would create a disproportionately large chakra.

There is nothing wrong with having a large chakra, in fact, it is healthy. We just need to keep them equally large so that the energy flows through them.

It is beneficial to ensure our chakras are kept clean, clear and balanced. Below, is a simple meditation for cleansing your Chakras.

- Find a quiet space, play some quiet music if you like
- Take a few deep breaths to relax
- Bring your awareness to the white light of the divine entering your crown chakra (top of your head) and flowing down through your body
- Feel the light flowing down through your face....your throat....down into your chest.... your pelvis/hips....down through your legs.... your knees....into your feet....out through the soles of your feet and travelling down, down, down, down, to the crystal at the centre of the earth
- Just feel this flow for a few moments, allowing yourself to connect to the energy of Gaia, our beloved Earth Mother
- When you are ready, bring in a stream of red.... allow it to flow down to your base chakra, between your hips. Allow this red to spin, cleaning away any dull red that was there, and any debris, allowing it to fill the space with bright red light.
- Bring in a stream of orange... allow it to flow down to your sacral chakra, just below your belly button. Allow this orange to spin, cleaning away any dull orange and any debris that was there, allow it to fill the space with bright orange light
- Bring in a stream of yellow...allow it to flow down to your solar plexus chakra, just above your belly button, over your ribs. Allow this yellow to spin, cleaning away any dull yellow that was there, allow it to fill the space with bright yellow light
- Bring in a stream of green...allow it to flow down into your heart chakra, the centre of your chest. Allow this green to spin, cleaning away any dull green that was there, allow it to fill the space with soft green light
- Bring in a stream of blue....allow it to flow down into your throat. Allow this blue to spin, cleaning away any dull blue that was there, allow it to fill the space with bright blue light
- Bring in a stream of purple....allow it to flow down to your third eye chakra, in the centre of your forehead. Allow this purple to spin, cleaning away any dull purple that was there, allow it to fill the space with soft purple light
- Finally, bring in another stream of white light. Watch it travel again through your chakras, this time, taking with it all the debris you have cleaned out and shaken loose. Allow it to flow all the way to the centre of the earth taking this debris with it for transmutation to the light
- Watch as all your chakras continue to shine, and be aware of the flow of the divine white light through you. When you sense that you are done, bring your awareness back to your physical body, feeling your feet on the floor and the seat beneath you. Allow yourself to feel calm and relaxed. Open your eyes when you are ready.

**Renae Bailey** *Healing with Renae*





# Living a Spiritual Life

With Rachel Grace

## LIVING A MODERN SPIRITUAL LIFE

Once upon a time, men and women gathered in their communities, honoured moon cycles, appeased the Gods and Goddess and performed rituals and ceremonies around the wheel of the year. So many ancient traditions were the main focus of humankind. These times were considered normal, more and more traditions and beliefs were integrated as cultures developed and times changed. We lived in a matriarchal world where women were seen to be powerful and their inner knowing acknowledged. Over time we have moved into a patriarchal society with the introduction of major religions and the male species the head of the game. The tables turned. The rituals, beliefs and cycles were lost and the change was noticed, well at least noticed more so than ever now.

I was born into a strict Catholic household. I remember when I was young, we went to church on Sundays and it was common to gather with family and friends - as Sunday was the day for prayer, to visit God's house and to spend time with those you love, in community. There were no shops open, no movies playing, no sporting activities on and you never went to work. It was a day of reverence and relaxation.

The need for religion in our lives is changing, with so many turning away from the God source for so many reasons, one being that our lives are too busy and the pressures for survival are real. No longer do women stay at home and raise families, no longer are men only responsible for the financial well-being of the family but these roles are intertwined and many of us have not been fully prepared.

We are the generation of change, have you noticed? Our parents held dinner parties and now we barely have the time to make home cooked meals. Many of us eat out, are on the go and trying the best with the current financial pressures so we can live day by day... so, who has the time for spirituality?

Growing up as a Medium it was needed for me to be very quiet and 'hush hush' about my spiri-

tual connection and I bet this may have been the same for some of you. We did not reveal our experiences as it was considered 'the work of the devil'. It was looked down upon for anyone to seek guidance other than what was read in the Sunday gospel. I lived a life of denying my souls' true knowing of the ancient ways - my true faith and spirituality became suppressed. A time before this lifetime where burning resins in preparation for ritual was the norm, gathering with my sisters in prayer was looked forward to and the soul connection with others was cherished. Unity.

As I grew older I noticed metaphysical shops opening, I went to church less and although my faith was always strong - I am Catholic in this lifetime, but I know I have been much more in others and so have you... *Do you remember?*

I was excited to see the change happening as this made it easier to live my spiritual truth now. It's only taken 30 years and we still have a long way to go and so much to learn.

To be spiritual in this modern world doesn't mean you need to do anything fancy. All we need to do is begin to disconnect from this crazy world, check in with your self and whatever God source that sits right for you. By God source I mean the religious avatar you may follow if you do, as really, we all believe in the one God - God just shows up in a way we each can understand.

Begin to educate yourself on the ancient ways as you may find that you have a knowing of this from a previous life. *Do not discount your knowing.* Start by following the moon cycles and set your intentions under a new moon and releases under a full moon. Take a meditation class to learn to ground your energy, find your centre and begin to check in with your inner knowing again.

The God source is within you all, *know this*, it is just waiting to be awakened - acknowledge it again as you did once before and share your wisdom with others, especially your children. *May the oldest ways never be forgotten.*

**Rachel Grace** - Rachel Grace Shop & Academy



# Cosmic Guide

With **Awakened & Empowered Expo**

## THE ANTIDOTE TO RESISTANCE - GETTING INTO ALIGNMENT WITH NON-PHYSICAL POTENTIALS

**Do you feel stuck in a life that won't seem to budge or frustrated with humanity and the current state of our planet? You may be holding resistance, a very powerful energy that holds you and our human collective separate of the amazing opportunities that are orchestrating in non-physical and ready to manifest. The Pleiadians come to share their views on what they see us creating in non-physical and tips for identifying and easily moving hundreds of years of resistant patterning out of the way, accelerating a new earth template that may already be a vibrating reality.**

As a progression of planetary alignments continue to take your human collective through significant non-physical transitions, the evidence of physical change you desire to see upon your earth is in-equal in proportion to what is brewing beneath the surface. We come to share this with you now because a massive amount of resistance to the unveiling of a new earth hampers its ability to spring forth into form. You may contemplate that you do not hold this resistance. As we explain the way we observe it within your human collective, this transmission becomes a vibrational, key code reminder to your highest self to quickly transmute hidden resistance when it is present within your field.

First, it is most important to evaluate how you may be judging yourself or others for its possession. At the core of human resistance is a plethora of beliefs, programs and archetypal patterns that have been present for hundreds of years and no longer serve you. These patterns have been passed on through generations of humans, who have unconsciously strengthened them, keeping them alive and thriving in the subconscious mind. As your consciousness has risen, a new awareness of these aspects of humanity has simply brought them into the light. This awareness alone must force change.

As an evolved human, it may seem daunting to think about the sheer number of belief systems and programs you would have to uncover and re-write to actually become your truest identity. This is why collectives such as us come to offer these transmissions. They are crystalline in nature and encoded with patterning to over-write what might take years of emotional, mental and physical training to accomplish. Perception and awareness are golden tools at your disposal to simply interact differently with energy. And as you continue to stay present with your mind, emotions and spirit, you are creating new patterns that will be passed down to future generations, expanding your desires for a vibrant earth collective.

Resistance is simply an energy that restricts. Energy in the universe is always meant to expand. When resistance is present, Source is not working in alignment with your desires. Resistance sends a signal to the universe to slow things down, or to keep drawing those things that hold you in the same vibration equal to this resistance. Quite simply, many humans feel as if they are stuck. They are stuck in a job that doesn't match their consciousness, a relationship that feels difficult, an inability to resource, or a body that does not serve their needs. If you find yourself feeling this way, resistance must be present. There is some subconscious program running that is telling the universe, 'this is how it must be'. Or, that it is 'too hard' to overcome your current circumstances. You may have tremendous desire to move forward, and desire is an important component of universal law. But this desire does not match the signal coming from deep within you that says, 'I must stay here'. Amplifying this desire through future projection is a valuable tool. It strengthens the signal at the time of the activity. But the problem with this approach is that most of your waking hours are still spent in resistance of your desire, vibrationally skewing what your manifestation efforts are attempting to achieve.

There are several approaches you can take in this circumstance to move resistance out of the way. You could take expansive inventory of these programs or beliefs, where they originated and how



they came to be within your energy. Working through human programming in this way, either mentally, emotionally or energetically, is a beneficial practice and can often result in vibrational alignment. However, what we notice is that so much dense programming exists, that a very similar, slightly different pattern may be present, evoking resistance to the same desire. For example, you may uncover a belief that you are not worthy. This belief or program may have come from your childhood. You may work very diligently to identify this belief and the events responsible, reversing it in your structure. But deep beneath this belief lies another that says, I am not good enough. This belief may not come from childhood, but followed you through adolescence and adulthood, judging yourself against societal standards or others achievements. Although to the reader, these statements may sound the same, they are slightly different yet draw the same resistance. This may seem defeating, however, there are easier ways of moving beyond these limiting beliefs.

Resistance also shows up collectively within your human race. Massive amounts of human belief culminate in collective resistance to new ideas and conscious manifestations that can ground and change your earth right now. This resistance forms through a plethora of limiting beliefs. From perceiving the earth is a bad place to evolve a soul to a general feeling of hope-

lessness that humanity is rooted in unconsciousness, your collective carries a dense energy that is not serving its evolution.

Resistance cares not the belief that is creating it. Its only job is to signal the universe to stop expanding; to slow down the speed of evolution. To demonstrate this visually, acceptance is white while resistance is black. They are completely opposite vibrations. In the same way you can be accepting of something or someone from many different vantage points, you can be in resistance of the earth from a variety of beliefs and programs running in your energy to slow the speed of collective manifestation.

We wish to remind you of how physical manifestations take place and the incredible shifts that are currently happening on the planet. As we do, you will understand how to quickly and easily eliminate resistance both from your singular perspective, as well as that of the human collective.

Everything that manifests into form started as an idea; a chronic thought that gained steam like a moving train fueled by your belief. A timeline potential began brewing in non-physical in which this idea became a reality. This reality is not experienced by your consciousness simply because it is not vibrating in the same dimension; yet it is as real as the life you are living now. It is not only vibrating in the universe, but expanding as new elements are added that support its coming into physical being.

When your belief that this potential exists is so strong that it matches the vibrating timeline in non-physical, elements begin to show up in your linear timeline. You may first observe situations or other humans that mirror your desires or ideas in slightly different yet similar ways. Next, synchronicity leads you to resources that support your new idea. All of these signs, when acknowledged by you, strengthen the signal to the universe that it is a perfect match to become a new reality on earth.

If this in fact is true, that you are a quantum universal fragment, a creator of your singular and collective hologram, why is it that many of your desires don't show up for you in physical? There is some resistance to them standing in the way. The space between where you are now and what is orchestrating for you in non-physical simply requires alignment; acceptance of your current reality as a moving timeline continuum to something better. Where in the past humans would measure their reality through physical evidence only, the new energies you have been integrating require you to let go of this false premise. The new grid system you have attained vibrates at a

higher speed than physical measurement, which requires you to challenge your ideas of reality.

Non-physical templating in your auric field and that of the earth is profound. We see the new ideas and timelines you are creating, and they vibrate very quickly. This is why you may find yourself at times jumping between massive opportunities and ideas coming into your awareness. When you feel confused and overwhelmed due to their creation in physical, we wish for you to gently move yourself back into the frequency in which they originated. Ideas and creativity do not come out of thin air. If you are questioning something, that question is present because a new non-physical template already exists for the answer. You can be sure that you have already created a potential timeline in which the answer is creating a new reality. If an inspired idea to create finds its way into your mind, there is a symbiotic relationship taking place between a new template and your soul, signaling you in physical that it is a strong potential for your higher good. How is it that you take action on these inspired ideas? Before jumping quickly into physical, strengthen your belief. Getting yourself into this frequency will always ensure that physical actions taken are in direct alignment with the thoughts and ideas streaming from this beautiful template that wishes to show YOU the way.

We understand the significance of belief is something foreign to humans because they have been trained out of the present moment. Belief has become a filter through which the past has allowed you to trust what comes in the future. And the mind enjoys capturing the most devastating experiences, the ones that have created the limiting beliefs and programs to begin with. Massive resistance has been built over time through a chronic focus into the mind, which is designed to think linearly, basing its next physical experience on evidence from the past.

Your soul is not linear. You are here to experience everything in physical that the mind and heart can project. Our suggestion is that when you feel a new idea coming, focus into the unseen as a huge non-physical design,



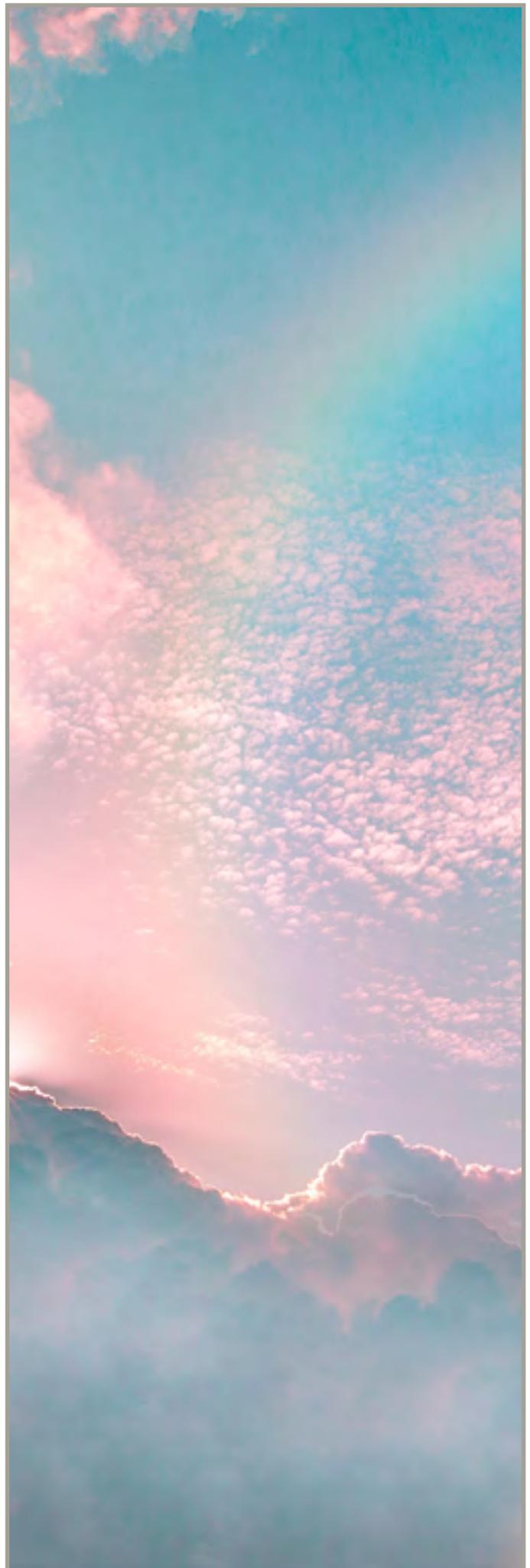
already sourcing for you and expanding; drawing what is needed to move you forward. Trust that this non-physical potential exists and is just as important, if not more, than the actions you can take in physical. Watch carefully how the mind wants to interpret your ability to put this idea into action. Stay aligned with the belief that what you are creating has already decided the perfect space and time to land on the earth; and as this belief carries you through the day, relax in the present moment that who you are and where you find yourself is only temporary, even perhaps necessary, to lead you to this new and expansive reality. As a bird taking flight to the next destination, your wings are expanding beyond your peripheral; carrying you quickly and easily to the desires you have for the self and the planet.

Hope is an abstract concept that may seem to have failed you in the past. But hope is only necessary to amplify what your higher self already knows, running it through your mind in deliberate ways to easily over-write negative patterns that may take years to obliterate. When you take a moment each day to feel into the non-physical templates that sit just outside of your aura, interacting with them and drawing them closer with the breath, hope becomes automatic for you. It is no longer a trick your mind plays to land your desire, but a solid frequency you carry that affects all humans. Hope in this form is truly needed on the planet right now.

So in a highly charged, new harmonic earth vibration, you are becoming master manifestors. Resistance is either showing up quicker for you; or acceptance, hope and belief are driving you and the planet forward. If you could see into all of the non-physical energy that strengthens your connections to the earth's multi-dimensional grid and the universe, you would be astounded. This non-physical energy is ultimately why the earth is moving so quickly into a new location in the universe and preparing for a new dimensional reality. Changes taking place within your life right now are necessary for the new potentials to arrive. Be at peace with these changes and carry a knowing within your heart that your current transition exists in preparation for a new earth.

**The Pleiadians Channeled  
Through Micheila Sheldon**  
*Awakened and Empowered Expo*

[www.awakeandempoweredexpo.com/magazine/antidote-resistance](http://www.awakeandempoweredexpo.com/magazine/antidote-resistance)







# HEALTH & WELLBEING

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# A Nurtured Life

With **Mariette Zoeppritz**

## TAPPING INTO CREATIVITY

Picasso is often quoted as having said “Every child is an artist. The problem is how to remain an artist once we grow up.” My own experience around creativity mirrors these sentiments.

Several years ago, as I was just embarking on my path as an early childhood teacher, I would have been the first to say that I was not creative, that I didn’t know how to draw or paint. At the same time, I always valued children’s artwork – from the first pen or paintbrush stroke as they first experienced and explored making marks on paper to their more detailed and symbolic artworks.

One day, as I was sitting with a group of children watching them happily drawing and telling me stories about their pictures, a thought hit me. “I can do this too”, I thought, reached for a pen and paper and began doodling different shapes in different colours. On my way home that day, I stopped at a store to buy a visual diary, crayons, canvases, and acrylic paint. When a few days later I told a family member that I had started painting his first question was “*But are you taking lessons so you can do it properly?*”

I didn’t want to talk about my new creative outlet with this person after that, but this comment made me realize how creativity gets killed by the idea that there is a right and a wrong way to be creative. Suddenly I remembered how I loved being creative as a child myself but how having to do the same thing as everyone else in art class in school, being product instead of process focused, and negative comments from teachers had made me believe that I was not good at art, that I was not creative.

Creativity is about expressing one’s ideas, imagination, visions and self in many different ways – drawing, sculpting, block building, painting, storytelling, collaging and the list goes on. It is a process and not a product.

Loris Malaguzzi in his poem “The Hundred Languages” talked about how children have a hundred languages to express themselves but how school and culture teach children that these languages are not there. Looking around classrooms today, this loss of creativity is evident in the many “artworks” on display which are reproductions of the teacher’s idea for their art class.

This loss of creativity is a serious offense, though, for we all are creative beings. We all need to express ourselves in ways that feel meaningful and fulfilling to us. Through our creativity we can get in touch with our soul, the essence of who we truly are. For “*The creative life is the soul’s food and water*” – Clarissa Pinkola Estés

So how can we support children’s creativity?

As creativity is an expression of our soul and our experiences, it is important for children to be immersed in real-life experiences that are meaningful and inspirational to them. Time in nature, getting lost in their play with open-ended resources (as opposed to toys that dictate the play by only being able to be used in one way), and listening to stories are just some examples of ways to offer children an experience rich life.

Having materials and resources available for children to choose what form of creative expression they want to use.

Valuing children’s creative expression in whatever shape they come, especially when we cannot see what they are seeing in their creation. A great way to understand their artistry better is to talk to them about their work and let them tell you what they have created or what concept they are expressing. Not every artwork expresses an object, some can represent emotions or abstract concepts.



When children get stuck in the process, talk to them about what it is they want to create. For example, if they want to draw a cat, ask them what colour the cat is, what it feels like or sounds like. These questions allow the child to reconnect with their heart memory and the zoom in on what aspect of the cat they want to represent in their drawing.

Allow yourself to be creative around the children. Children soak in everything that goes on around them and they can feel your enthusiasm which can inspire them to get creative too.

**Mariette Zoeppritz**

*Seeds of Peace NZ*







# Embodied Awareness

With **Alison Elsberry**

## UNDERSTANDING BODY AWARENESS IN CHILDREN

Have you ever noticed how some kids crave their own personal space and need quiet, alone time, while others may not be able to keep their hands off or out of things? Or how some children appear to have their “head in the clouds” and get called clumsy or uncoordinated, when some just seem so confident and comfortable in their own skin?

Every child bumps up against daily challenges and experiences that require them to understand where their body is, what it does and how it moves. Their experiences can show you about their relationship to their body and how they feel about being in it, which also says a lot about their sense of body awareness.

For some kids, being in a body may feel like a struggle and being at home in their mind feels like a safer place, while for others, the body may be a fun and loving place to live.

Learning to recognize the signs and messages children show you about how they feel about being in (or out) of their body is key. That awareness can make a big difference in how their authentic expression is supported IN their body - or not.

Everything children do, be and create in this world requires them to be IN a body. It's how they learn to engage with the world in healthy, nourishing ways.

Every child has their own unique way that they choose to be in the body and there's no right or wrong way, there's only what feels true and that truth is uniquely theirs.

When you help children see, feel and know that their body is a safe place to be, it becomes an invitation, a warm welcoming space, where the heart is held. Instead of a small, confined or confusing space that feels limiting, uncomfortable, something to ignore or downright terrifying to be in.

Body awareness is an important foundation for life and it's also at the very heart of being a healthy human being. It's how children find their footing and learn how to root into who they are.

It helps establish healthy boundaries and how to understand personal space, because what helps children have a relationship with their body, is first beginning to understand **W H E R E** it is. This may sound obvious, silly or even strange, but knowing where your body is, **IS** the first step in creating more awareness of how to actually be **IN** it. It's hard to take up space if you don't know where your body is located. This understanding is what a lot of children want/need extra support with (i.e. knowing where they are in relation to others and the world around them).

Playing in nature is a great place to start supporting a child's sense of body awareness. Engaging in outdoor activities gets a child's feet in contact with the Earth, naturally grounding their energy. Drawing/playing in the sand or dirt with shells, shovels, sticks, hands or the whole body are wonderful activities for increasing body awareness. It uses muscles and other important skills that bring awareness back into the body.

Making water footprints on the sidewalk is another fun activity that can help kids locate their body, as it opens the connection between their feet and the Earth. A playground is another wonderful place for exploration and activating the sense of body awareness. Monkey bars, climbing ropes, stairs, slides, etc... all require using the hands and feet to pull and push their body weight and adjust their movements. Creating obstacle courses with tunnels to crawl through and objects to jump over are also great ways to naturally activate body awareness.

The more you can support a child feeling at home IN their body, the more they create safety **FOR** the body and it becomes easier to have both feet on solid ground.

**Alison Elsberry**  
*Embodied Brilliance*



# An Empowered Life

With **Rose Aitken**

## SIX WAYS TO OVERCOME ENVY AND CREATE YOUR OWN SUCCESS

**When people aren't willing to be certain things or energies – for example successful or rich, they envy others who have done the work of creating those things.**

We may be envious of someone we know who was born into a rich, wealthy family because their life seems so easy and they just appear to swan around the world having fun. Or maybe it is someone who is popular and loved by everyone, or a person that appears to have the 'perfect' family and domestic life.

You chose to come here this time around, you chose the struggles you are currently observing and experiencing. You chose your lack and limitation, your family, your health challenges and your level of abundance.

The good news is we have free will and all of this can change. We can also deviate from (perhaps) our original intentions and turn this opportunity at life into something absolutely magnificent and beautiful.

Take me for example. I have succeeded far more in this life time than someone with my challenges could reasonably expect to. I wasn't accepting the limitations I was experiencing. In fact I was going to out-create them no matter what it took!

In the process of overcoming my past, I discovered an enormous amount, I became conscious and evolved into a different person. I became immensely proud of myself and discovered I have an extraordinary resilience. I am an incredible person with many talents which I am now loving developing to achieve my real aims for being here – being in service to others and helping effect change on the planet one person at a time.

I do not share this information to boast, but to inspire. Here are six things you can do to kick envy for good and become a more fulfilled, happier version of you.

### 1. Use Other's Success as a Source of Inspiration

One of the secrets to getting to where I was, was not to look at what others had that I didn't and to be envious of them, but to look at what they had and think "If they can do that, I can too". Now, where do I start?



I became quite strategic about emulating the attributes I saw in others that I admired and in so doing have been more able to succeed in my own life. It's not about copying them as a person, it's about learning from them and re-creating the strategies that have enabled them to succeed in their field or endeavors.

### 2. Ask Conscious Questions & Get Curious

When I noticed someone knocking it out of the park, instead of thinking "that's so unfair they have that and I don't", I would think "OMG, that's so cool, how can I create something that amazing or even better"?

I would ask questions to gain more insight and understanding:

- How did they do that?
- Can I replicate that (in my way) with my talents and abilities?
- If so, how?
- What do I need to do and how can I make that work for me?
- What are my limitations – what do I need to change, do or be different, to develop those traits that they are using?

If you admire something in someone else, it's because you already possess some measure of those attributes yourself. So, you already have more than you realize to work with.

### 3. Research & Implementation

You may need to do some research to learn how to become the best at something, especially if you haven't succeeded in that area before. Don't worry though, because if it were unattainable for you, you most likely wouldn't be interested in that thing in the first place.

You may need to read about establishing successful habits, how to get the most from your brain or emotions, managing time better, being more accountable or how to excel as a manager or leader. You need to figure out how to implement or incorporate those things into your daily routine or life, so you can achieve the success you desire.

This is where a coach can be incredibly helpful and supportive, giving us feedback and ideas and encouraging us when it gets tough and offering great tools to assist with the implementing especially around dealing with fears and limitations.

### 4. Be Happy for Others When They Succeed

Because we are all one, someone else's success, is literally like your own. When anyone has a win and contributes greater to humanity, the collective consciousness is raised and we all benefit.

When you can become genuinely happy in your heart for other's success, you are ready to create and command that level of success in your world. *How you feel about others success is a great indicator of where you are functioning from.*

### 5. Be Around Those Who Support Your Success

All the personal development gurus say it and it's true. If your tribe are a bunch of unemployed drop kicks and you don't know anyone who's killing it, you're going to struggle to become who you want to be.

It's not impossible, but most times it will be harder than ever when our people, playgrounds and things, don't support our aims and maybe even run counter to them by way of bad habits, negative associations and victim mentality or poor thinking.

I have a personal rule of having people in my life doing way better than me who I can look up to (and contribute to – I find a way). There are those at my level who I am friends with and who support me and I them. Then there are those who aren't yet where I am at who I encourage and lift up, because it makes the world a better place for all of us.

### 6. Fill Your World with Inspiring Social Media & Books

It's much easier to grow if you are surrounded by uplifting, helpful information and conducive energies. If you've never thought about it, start to explore who you would like to follow and what works for you.

Here's some questions to set you on your path...

- *Who do I admire most in the world and what is it about them?*
- *What aspects of their success can I replicate in my Universe?*
- *How can I get the information I need to start to become as expert as they are?*
- *Who can support me to get there?*
- *What can I change today/right away that will facilitate me on that journey?*
- *What do I believe about myself that I would need to change to become that version of me?*

#### Rose

Rose Aitken

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





# Inspiring People

By Amanda Sears

## BARBARA MARX HUBBARD

Barbara Marx Hubbard was a passionate and driven visionary, futurist, author and public speaker - but most importantly a teacher. Born December 22 1929, she passed earlier this year on April 10th.

Believing she had a very important message for the world to hear about the evolution of our species through co-creation and conscious evolution, Barbara devoted decades of her life teaching people about this - through video, film, workshops, speaking events and her many published books.

*"Conscious evolution refers to the claim that humanity has acquired the ability to choose what the species Homo Sapiens becomes in the future" - Wikipedia*

After college, she moved to Connecticut with her artist husband to start a family and had five children and became a dedicated full time mother... She soon started to question where her individuality had gone and how to continue her own life's purpose. She started to reach out to progressive thinkers and was drawn to Jonas Salk, the inventor of the Polio vaccine and founder of the Salk Institute which studied how science could help transform humanity - she boldly reached out to Dr Salk via a letter and he responded by inviting her to lunch - which she says changed her life.

Around this time she had also been doing a lot of reading into the spiritual teachings of the past and how they could positively relate to the future of humanity and while walking in the hills above her home she had a potent mystical experience... Thoughtful, she had stopped and posed a question to the Universe *"What is humanity's new story?"* Suddenly she experienced a vision where she was looking at Earth from space and Earth was struggling to breathe, running out of energy and she could feel the pain - then at one point there was a moment of such shared col-

lective pain, that everything stopped... and out of that moment came empathy and love. She says, normally these moments of empathy stop but this one didn't... She felt every basic social system shift simultaneously as innovations and breakthroughs connected; systems of health and education, economics and environment began to coalesce seamlessly and she realised this was a potential future vision and saw that through our connectivity and technological systems that we were already beginning to *"knit together as one"*.



A self-proclaimed journal writer, for many years her spiritual path was asking questions, listening and writing - not by meditation or altered states, but by higher knowing. She found if she could stop thinking she could be *"led to write through direct knowing"*.

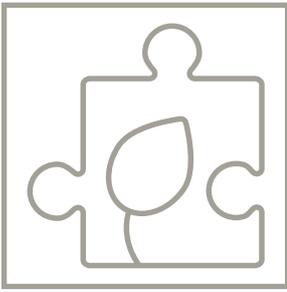
Deeply in tune with her higher self, and the universe she understood the bigger picture and ways in which the population of Earth could move forwards consciously - seeing that when enough people resonated in love and realised just how prevalent they are that *"their synergy will evolve human culture quickly"*.

Barbara lived this vision of her life right up until her passing and has been a beacon of light for the future of our Earth - leading many generations to positive change through her inspirational teachings and vision.

*"In the next 30 years we can destroy our world... With the very same powers - spiritual, social, scientific - we can evolve our world."*

*"We are moving from unconscious evolution through natural selection to conscious evolution by choice"*

**Learn more about Barbara Marx Hubbard here:**  
[www.barbaramarxhubbard.com](http://www.barbaramarxhubbard.com)  
(Photo from [www.facebook.com/BMHConsciousEvolution](https://www.facebook.com/BMHConsciousEvolution))



# My Journey So Far

With Guest **Emma Frew-Tobaiwa**

## **Tell us a little bit about yourself**

I was born in Oamaru and raised in Dunedin surrounded by a strong community of family and friends. I went to the same primary school as my Dad and my Mum and Dad worked in this area. My amazing parents did everything to provide my siblings and I with the best possible life.

From a very young age I knew I wanted to work with children both here in NZ and in Africa. I wanted to own a kindergarten in NZ & orphanage in Africa. I was steps closer to these goals when in 2001 I met my soul mate Elmo, originally from Zimbabwe. And in 2011 when I trained to become an early childhood teacher.

## **Describe the experiences that have shaped your journey**

As a child I was often unwell with low energy and mood. When taken to the doctor I was told I had a virus. By the time I was in my late teens I was on anti-depressants. After years of believing I deserved to feel better I explored advice from a naturopath. After identifying and eliminating foods that made me feel unwell my health began to improve. I gained knowledge about the mind gut connection and an understanding of why I had felt the way I did most of my life.

Travel has always encouraged positive growth for myself. Travelling takes me out of my comfort zone, I gain a different perspective on life and become ever so grateful for my life. Meeting Elmo and visiting Zimbabwe really shaped me as it had been a lifelong dream of mine to make a connection with Africa, especially the children. In 2018 myself and my family lived in Zimbabwe for 6 months.

My three years of study were life changing. In my first year of study I got married, my second my Dad passed away and my third we had our first child. At the end of these three years of studying & working part time I hit rock bottom and burnt out!! Looking back now I continued to burn out

until the birth of our second child 3 years later. This is when I decided enough was enough and if I was to sustain this new way of doing life I would need to rethink the way I was living and began exploring mindfulness practices.

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

By learning to live mindfully I came to identify a self detrimental habit I possess. I am highly committed to meeting the needs of my family and career at the expense of my own.



I changed my life for the better by identifying this habit and went on a journey of self-discovery, reading self-help books, mindfulness training, Children's yoga teacher training, reiki energy healing, meditative practices, homeopathic remedies and bioresonance treatment.

## **Tips or advice for others on their journey**

Keep striving to be the best version of yourself and be open to new ways of being. Try to live in a place of trust and gratitude. I truly believe that the thoughts and actions you put out to the universe come back to you, so ensure they are positive.

Remember you can't look after others until you first look after yourself. This is not a selfish act it is an essential act of kindness for yourself and those around you.

Discover as many ideas and experiences that encourage you to be mindful of how you are living your life. This does not have to be activities highlighted as mindfulness, anything that calms your mind, body and spirit. For example, I love dotting paint onto rocks to create a mandala pattern.



# Healing Modalities

With Guest **Rose Aitken**

## ACCESS BARS

The modality is called Access Consciousness, the particular focus of this article is the flagship Access body process called the Access Bars.

Bars is different from every other type of healing out there and creates change primarily in the brain, but also in the body and the being.

### Tell us a little bit about yourself:

I enrolled to train as an Inspired Spirit Life Coach in 2013. Around the same time, I discovered a modality called Access Consciousness. I went to three Access Taster Classes. These offered some training and information about the tools of Access Consciousness with respect to different life areas. One was about money, the second about bodies and the last was on relationships.

The tools seemed a bit weird to me, but there was something about them that felt different and freeing. I didn't quite understand them at first, but there was something there that struck me as very different. I remember going home, reading through my notes and little did I realize, my whole life as I knew it had just changed trajectories.

The facilitator teaching the classes mentioned a body process that they did to create change called "The Bars".

At that time in my life, I was sick, stuck in a toxic relationship, broke and disempowered. I had trauma that I'd locked into my body and been carrying around for two decades that was causing all of those other things.

I tried a range of different modalities for healing the trauma but many didn't work at all for me - while these modalities only made the slightest bit of difference to my well being, they did over time, gift me the basis for a broad and deep un-

derstanding of human psychology, relationship dynamics and what does and doesn't always work with regards to trauma recovery and empowering people who have been abused or experienced chaotic families and disempowerment for most of their lives.

As things got slowly worse for me, a friend who had attended the taster classes told me, she had had her Bars run and it seemed really good. I finally remembered about Bars and booked a session.



Uncannily during that one session, my buried trauma began to unravel, shift and clear. I perceived this as it was happening and it was one of the most surreal, joyful, scary, overwhelming, incredible, freeing and soul revealing things I've experienced.

I was also aware, I required many more sessions to continue to remove everything I'd accumulated that wasn't mine, to remove my conditioning, the negative beliefs I'd developed and to re-wire my nervous system from the inside out.

I made a decision to learn every single tool that Access had to offer, as these were the icing on the cake! Not only did my physiology and neuropsychology change completely over time with the Bars and other Access Body Processes, I then had the tools with which to powerfully change energy and navigate my life, that I'd never had first time around.

As my life coaching training progressed, I began offering free life coaching sessions to gain experience. Funnily enough, everyone who came my way had anxiety and trauma so I kept referring them to my Bars facilitator...

I realized I needed to train then I could offer both services to my clients. The more I got into Access the better my life got. My anxiety disorders eventually cleared, I got well, created money, self

confidence, a thriving business, people I really care about and wonderful experiences.

I trained as an Access Bars Facilitator (I teach the Bars training and offer private sessions), Abuse Hold Facilitator, Body Process Facilitator and Worldwide Certified Facilitator. I offer verbal facilitation either with Bars or separately and see clients online from all around the world.

### **How has this modality changed your life?**

The Access body processes allowed me to clear all the trauma I was carrying that was paralyzing me in my life out of my body and being. This was the Access Bars (primarily) the Access Abuse Hold and the Access Advanced Body Processes.

Facilitation involves focusing in and working with the facilitator running your Bars verbally to change specific areas of yourself and your life. This is participative, very empowering and enlightening, as you leave with a completely different understanding of yourself and you get free of your issues at the same time.

The Access tools (that you use for yourself between sessions) gave me the understanding of life with which to change anything. They allowed me to develop my potency, my consciousness, understand human nature and where others are functioning from and to choose for me.

As a result of all of this, I am confident, healthy, free of my past, abundant, loved and happy. Access links psychology with spirituality and gives you pragmatic modern tools based in ancient wisdom.

### **About this modality:**

Bars involves holding 32 points on the head (typically) for an hour or 90 minutes.

When lightly held, the points on the head release the electro-magnetic component of thought.

Access Consciousness is a collection of verbal tools and processing and body processes. The Access Bars is a body process that dissipates the electromagnetic component of thought. We are like computers, everything we think, feel and emote is all electrical signals and circuitry in the body. Over time like a hard drive, we get full up of circuitry laid over the top of each other. This has a couple of effects:

- We are surviving life and feeling literally full up of crap and unable to embrace new possibilities. We tend to go robotically through life, trying to

survive, whilst we do our best to cope with what life throws at us.

- Attempts at change fail, as our circuitry is holding in place what we've been through. So, old thoughts, feelings, emotions, judgments, traumas and decisions fire off in our neural pathways, energy field, muscle memory and cellular memory, keeping us at the effect of our past and holding us stuck.

If you are someone who has had traditional counseling or therapy and it didn't help you feel any different, this is why. Those things have you sit in the *energies* of what's wrong weekly for an hour and send you on your way, probably with a bit more understanding of your choices or of your family or relationship dynamics. They don't free you of any experiences stored in your body and brain.

Our body stores all this stuff to keep us from re-experiencing pain, so your stuckness isn't a wrongness of you! It is totally natural and normal.

The Bars frees us from all of this. Just by lying down for 60 or 90 minutes, we can get free. Our 'hard drive' is cleared and we still have memories, just not the same resistance and reaction or alignment and agreement with them.

I find these tools and processes get more powerful over time. I do many private client sessions locally (Bars and body processes) and online (facilitation) with clients from all around the world. I love doing Bars with facilitation to create maximum effects with clients and help them set their lives on a new trajectory.

The way that I facilitate is that I connect with you energetically, I feel where you have limitations, what is beneath them, how you created them and what's required to release them. My wheelhouse is spiritual psychology and combining energy with your psychology (and what is happening in the body) to create rapid and powerful change.

I love it when people leave their private sessions with me free of their issues or a good amount of them, with a whole new understanding of themselves (this happens in the session as we work to clear something, you see it clearly for yourself).

I then teach you what you need to know to be confident with that area of life in the future, so you can handle it vastly differently.

### **Who do you think could benefit from this?**

I would say that the more stuck someone is, the more likely it is they will experience incredible results from Access and from Bars (as long as they are willing). Bars works better with em-paths and people who are extremely sensitive, creative and open minded. I'm not sure if this is because those people perceive the changes from their sessions better. I suspect that it is. If you fall in that category, chances are you will have an amazing experience with Bars.

Changes from Bars sessions are permanent. In addition to getting free of thoughts, feelings and emotions, decisions, traumas and judgments we no longer need, Bars can put people in a brain-wave state equivalent to someone who has studied meditation for 20 years.

For people with a trauma/anxiety/depression/abuse background, this is a priceless gift. Often since the first time since childhood or perhaps ever in this life, they experience relaxation, total receiving, care and kindness, peace and presence with themselves.

### Some examples of what Bars may help you with:

- Removing physical issues/symptoms from the body
- Stress and sleep issues
- Easier pregnancy and childbirth
- Autism and Aspergers
- Chronic Fatigue Syndrome
- Anxiety and Depression
- All manner of emotional issues
- High achievers – gives clarity and insight and quiets a busy mind
- Great for children – helps with homework and study

### **Last words about your healing modality...**

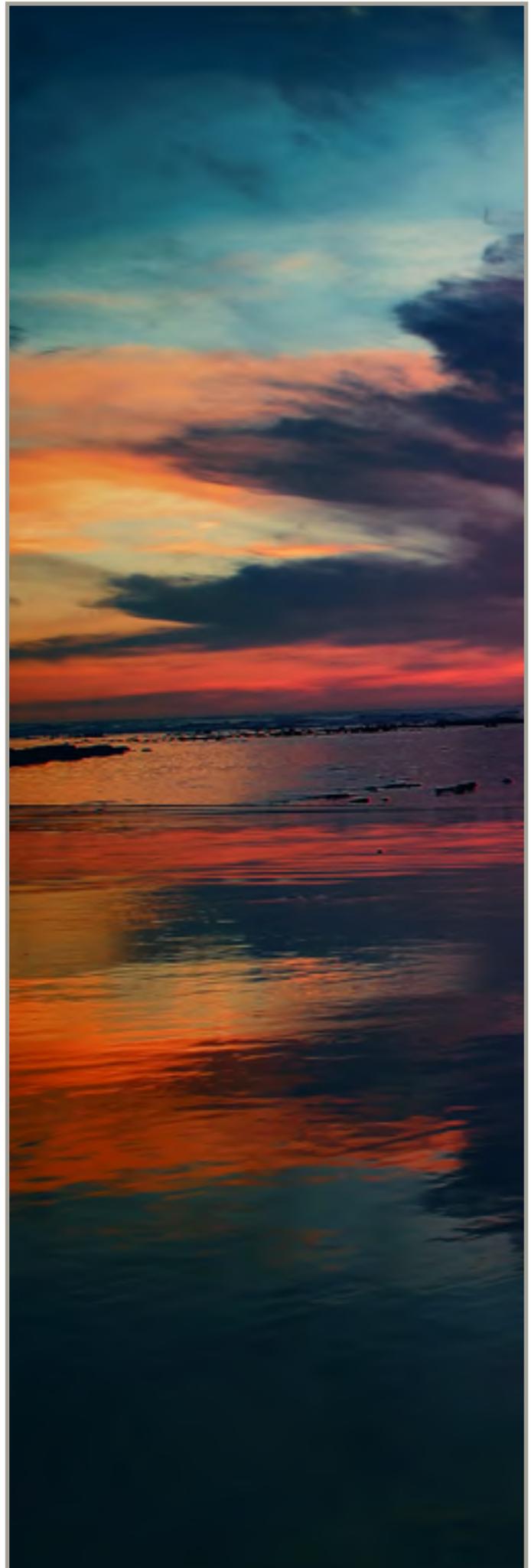
Access has given me life back. Sometimes I still cry when I consider this. If it were not for Access I'd likely still be stuck and in pain. I may not still be here. I am so glad Access is on the planet and will be grateful for the rest of time for what it has given me.

If you are drawn to this and excited or nervous reading this, that's awareness, it's for you.

### **Rose Aitken**

*Rose Aitken*

[www.roseaitken.com](http://www.roseaitken.com)







# Sound Matters

With **John Du Four**

## PART 5

### When it comes to the spiritual, I'm for description – not prescription

Here's a soapbox moment for me, my personal take on a very broad and sometimes sensitive topic. But really it's an explanation as to why sound matters so very much to me when it comes to my experience of the sacred.

Humans have a very real, deeply embedded yearning for the spiritual – some sense of their particular relationship to the unknown, the great mystery.

Being the high-functioning species we are, we all share a need to explain the inexplicable, find answers to why and how we got here and, perhaps most importantly, where we go to when we aren't. From science to Sikhism, astrology to astrophysics, such connivances bring us comfort and reassurance.

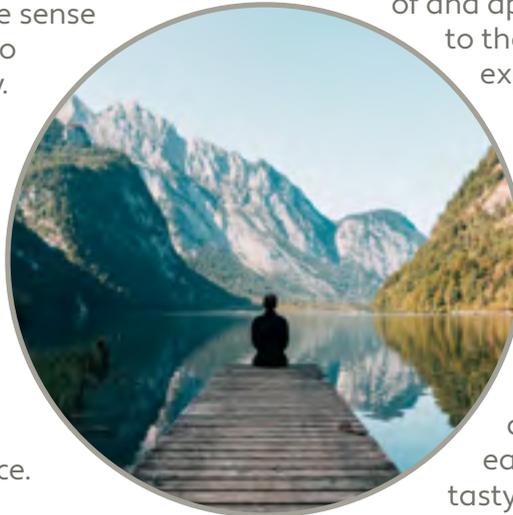
Yet I personally struggle with any overbearing tenets of faith – and certainly where fundamentalism is concerned. When the belief of an individual or group lies in the *absolute authority* of a sacred religious text or the teachings of a particular leader, prophet or God ... well, I get the heebie-geebies.

Mass spiritual answers, dictates for all, these just don't sit easily with my own celebration of the 'individual'. I respect variance. I am drawn to the unusual. I like surprising.

And I actually believe that most of us do. It's what feeds the voracious industry of tourism: our universal desire to experience the uncommon, the exotic. It's why we are continually on the move the entire planet over, ready and willing to spend our hard-earned recreational time and money seeking out exciting new sights, sounds, tastes and smells.

Notice those last few words – they refer to our senses. Which is how our bodies take in the world around us. In spite of our brain's incessant drive to order and systematise things, tidy up and dogmatise them, our actual gateway to *everything* is through our wide ranging, thought-bombarding physicality.

And it's here, when I'm swamped in sensation, that I witness my higher self; touch upon my sacredness – those times when I'm fully aware of and appreciating my physical links to the beauty and fulsomeness of experience.



My most amazing moments have come whenever my senses have been overwhelmed in wonder. Many come to mind, from the simple to the profound: like walking face upwards in a daze through Gaudi's mind-blowing *Sagrada Familia* in Barcelona; and eating an unforgettably rich and tasty rustic rabbit stew in Malta; and attending an archaeological dig at the Neolithic Goddess site of Catalhoyuk; and submerging myself in the art-filled grandeur of the Guggenheim Bilbao; and anytime I find myself within the whispering ancestry at the heart of a marae's wharenui.

There was the time I wolfed down salty crunchy falafel kebabs in a hole-in-the-wall in NYC; and stood in the hypnotic evening chaos of Marrakesh's Jemaa El Fna square; and anytime I've been lucky enough to witness a Douglas Wright dance piece; and when I sat gobsmacked in awe for hours before a Bill Viola video installation in the Pompidou Centre in Paris; and watched, mesmerised, the ecstatic dance of entranced whirling dervishes in a Turkish desert caravanserai; and of course, whenever I walk through our nurturing native bush listening to tui and korimako.

But more than this, more than anything, I am taken to the sacred through sounds and music.

I know on a cellular level that I go to a higher place when I listen to Gorecki's Symphony of Sorrowful Songs; or Ravel's Daphnis et Chloe, Suite No 2; Adiemus by Karl Jenkins; Sweet Lullaby by Deep Forest; Ennio Morricone's Gabriel's Oboe from The Mission movie soundtrack; Libera performing Robert Prizeman's Jubilate; and even Utopia by Goldfrapp.

Then, of course, there are all those special 'live' musical moments – whether it's listening to sacred a capella votive music in a small church in Florence; or playing my Indian tamboura or shru-ti box; or sitting with a group of sound students in the Colorado Rockies engaged in a twelve hour non-stop group vocal toning session.

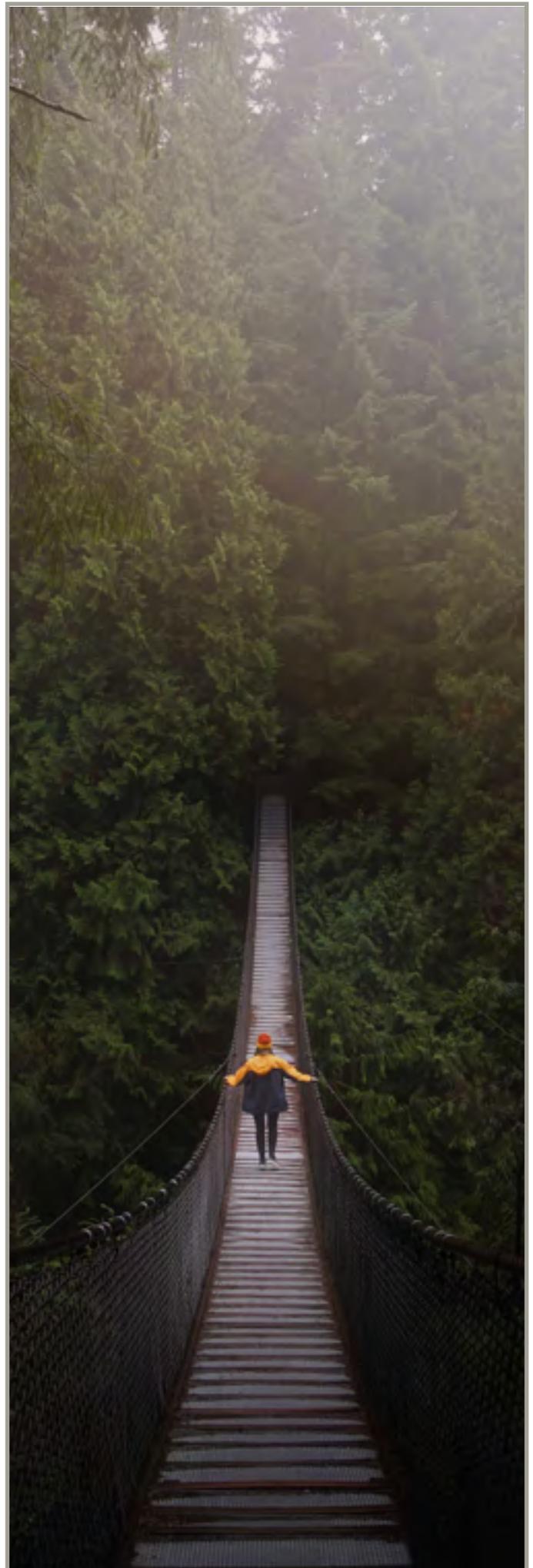
Sound, beyond any other sensory input, is for me the remarkable key to most fully unlock the transcendent.

And if things get further empowered through my being as authentically present as I possibly can, if I remember to ritualistically offer reverence to all that is around me, and acknowledge those ancestors who came before me – well, these are the times I am truly at the zenith of my sacred being.

Someone once told me there are many trails up the mountain. Is this not the finest description one could wish for as an expression of human spirituality? Through celebrating our collective human need, while honouring and respecting all our incredible diversities?

So while I remain open to and intrigued by anyone sharing with me their own particular pathway to the divine – as I've done with you here – just don't let them ever tell me theirs is the *only* way or the *right* way; or even worse, that it should be *my* way.

**John Du Four**





# Living Well

With **Amanda Sears**

## CHOICE & OPPORTUNITY IN THIS WONDERFUL GAME OF LIFE

**We all have choices and opportunities - as Shakespeare said "to be or not to be, that is the question".**

As children and young adults you may have read those fun books which give you choices at the end of each chapter where you decide the path of the story - you could even have a sneaky peek and then change your mind.

Maybe you were a 'gamer' like me? I played RPG (Role Playing Games) on the computer where you are the main character/hero and while certain goals may be set for each level, ultimately you chose how and when you fulfilled them (sometimes using cheat codes to get more money or pokeballs). You meet people along the way who guide you and you pick up tools, potions and skills to get you through this level and into the next.

There are also many board games and computer games where you get opportunities to play out ideas and see where they take you...

If you look at *life* like a game, you could say that reaching the end of your tether with something could actually be the edge of the level - that hard part you need to overcome, win, take a leap of faith, etc to move through into the next level.

You can view every experience as the opportunity for growth that it is and learn new skills to level up or you can just blindly move through life and miss the miracles, gifts and opportunities handed to you endlessly.

If you viewed life as a game of choice, maybe you wouldn't take it so seriously and get caught up in the drama that can infiltrate our lives... it could be a way to reduce overwhelm, anxiety and depression. A chance to see and experience truly the thrill and excitement that this life could give you - a way to create your reality, in your game, in your way, with your rules...

You can apply the 'life is a game' metaphor to ALL scenarios of your life. Here are some 'choice' examples that come to mind in *my* game:

*Any choice is fine, there is no good or bad...there is just awareness and adjustments. It is empowering to know your 'why' and to question things.*

**Health** - Do you choose to take pills from a doctor for the rest of your life or do you choose to pursue other healing avenues and lifestyle changes and keep following that path until you are fully healed or reach the end of your journey?

**Food** - Do you choose what makes you feel good and nourishes your body or what trends say you *should* eat? Or do you eat whatever you feel like and to hell with the consequences, eg. junkfood and booze all day every day... (like the 'old' me).

**Friends** - Do you surround yourself with people who lift you up and energize you or do you associate with people who perpetuate anxiety and a victim mentality and constantly hold you down?

**Experiences** - Do you see the silver lining, blessing or 'bigger picture' in situations, even the perceived 'bad' ones, or do you feel doom, gloom, blame and pessimism at the world (which you just call 'realism' when people call you on it)?

**Clothing** - Do you stick to the latest fads and trends or follow your own heart and wear what makes you feel divine and alive in every moment... even if that means an old pair of trackies that just feel like a big hug when you wear them or a fluffy onesie that looks like a unicorn?

**Appearance** - Do you lather on layers of make up every day because you don't like how you look without it or because people say you "would look nicer" if you did - or do you LOVE wearing make up because it makes you truly feel like the divine you - think those charcoal eyes like an Egyptian goddess and those luscious red lips... Do you spend hours on your hair each day because you just adore your luscious locks and take care of them or because fashion magazines and friends expect it of you and judge you for it?

**Career** - Did you get directed to a career from a young age that doesn't bring you joy? That you feel like you cannot leave, a path society sold to you that you believed would fulfill your purpose, or even a career based on a personality test? Or do you pursue your passions and interests and pick and choose what JOB (Joy of Being) to have and where, based on your heart, intuition and desire to help others and experience life fully?

**Knowledge** - Do you accept what you are told about things and take everything at face value - or do you dig deeper for knowledge, truth and understanding by asking questions, researching, learning and expanding your mind?

At any single moment of time, you can change your mind. That is one of the blessings of being the main character/hero in *your* game of life. You roll the dice, you make the choices... you move forward in the way you choose.

Neale Donald Walsch says that the purpose of our existence is to "*experience divinity as a singularity - to truly know who we are and to experience our highest and grandest vision of ourselves*" - we do this through the choices we make in every moment of our lives.

Keep evolving, questioning and choosing the path that creates the grandest vision of you - whatever that may be - and this will change constantly!

I know that when I am unwell or tired that the grandest vision of myself is comfortable in pajamas all day every day but when I feel fabulous I bring out my flower headbands, colourful scarfs and beautiful dresses - each day is different.

Keep being you in every moment. You are the only you and the way you express this is encouraged to be unique just like you are.

*"Today you are You, that is truer than true. There is no one alive who is Youer than You."* - Dr Seuss

#### **Tips to create more aligned choices:**

- ♥ Sit with the idea in meditation
- ♥ Use your discernment
- ♥ Listen to your heart
- ♥ How does it make you feel
- ♥ Does it feel light or heavy
- ♥ Does it energize you or drain you
- ♥ Theorise it without any limitations
- ♥ Get informed to make better choices
- ♥ Check in about it regularly

**Amanda Sears** *The Wellness Guide*





# A Balanced Life

With **Sarah Jensen**

## JUST BECAUSE YOU CAN, DOESN'T MEAN YOU SHOULD...

**Options are a wonderful thing but, as business owners, having ALL of the choices can leave us in a state of overwhelm and feeling so afraid of making the 'wrong' decision, we stick safely in the territory of 'no decision' instead.**

As a wise and wonderful mentor said to me recently, "*just because every woman and her horse is doing it, doesn't mean you should too*".

And she's right..

There are so many people out there with advice to give and solutions for sale that it can be easy to think that "they" know better.

And while it's amazing to seek support, guidance and expertise from others, at the end of the day it's your business, and if the tools, tech or options on offer don't work for you, then it's more than ok to seek a second opinion.

But wait, it gets even cooler...

While there might not be a magic pill for overnight success (and would you really take it if there was?), there is a key to the kingdom that's been tucked in your pocket all along.

The key? Well it's you, my friend...

Yep - it's your instincts, intuition, or 'spidey senses' - aka that super wise part of you that's got

the goods, has your best interests at heart and wants to lead you forward to the life and biz of your daydreams.

So next time you're stuck in analysis paralysis, thinking everyone's got the answers but you, grab a notebook and your favourite pen and journal to these prompts for an instant hit of clarity and calm:

- ♥What's my instinct/intuition/gut telling me to do/not do, about this situation/person/thing/event?
- ♥How does this feel to me?  
*Hint: groovy = go for it*  
*gut says "NO!" = skip it*  
*That blend of fear masking excitement because it might bring beautiful growth = proceed consciously + with gentle and loving self-care*
- ♥Will I enjoy it?
- ♥Is this aligned with my values?
- ♥Is this aligned with my brand?
- ♥Will this help me move towards my life or business vision?

I hope these prompts feel wonderfully supportive and help you tune back into the greatest resource you have in your business - you!

**Sarah Jensen**  
Sarah Jensen





# Mindset Matters

With **Angela Cheruseo**

## SHAKE IT OFF

*Do we give ourselves permission to dream?*

Shake it off! What do you think we have to shake off? Our Past !

Think of your past as dust that is stuck on you from your life experience.

When I moved out after being in a home for 27 years, the dust that was located behind the bed, on top of the fridge and behind the washing machine was not a pleasant sight to see. Why does this happen? Because there is no activity going on in those places like there is on the kitchen bench top.

There is nothing as desolate as your past, so like dust you need to acknowledge it along with all the stuff that happened to create it and its unpleasantness and unfairness, but then shake it off!

Stop focusing on it and watching a re-run of all that went wrong or did not work out as you had hoped, and then continually year after year wonder why your life is not as you wish it was. When you look back you go back. You may think by understanding it'll protect your future, but it won't it will just keep you stuck in it and unable to move forward!

**Ways to know you are stuck in the past are often found in the form of:**

Bitterness

Offense

Feeling unworthy/not good enough

Self-pity

Anger

These are wounds/pain from life, and they are poisonous to you. You are only hurting yourself (and maybe those closest to you).

Shake it OFF.

Let go and forgive if you need to (forgiving does not mean what happened was ok, but it frees you) and then move ON! It is a choice, own it and take responsibility. If you need help get help.



Focusing on what went wrong, blaming other people or trying to understand why it played out how it did is not always useful. Not all things need an answer. It happened and yeah it probably sucked but life is not always fair for many of us. We do not always get what we want when we want it, but you can NOT afford to stay looking back at your past.

If you do, it'll keep showing up in how you live out your future. You may be thinking right now, "*You don't understand what happened to me Angela*" well... I do, I have been here myself.

Shake it off!!!

Keep looking forward to what you really want to show up in your life, stay in Faith for what you can't see yet to be seen.

Keep hope alive and be aware of the words you are speaking! - This is a huge key as words shape our worlds. Keep doing this until the dust from your past is gone.

SHAKE IT OFF!!!

**Angela Cheruseo**

Angela Cheruseo NZ

(Original Blog Posted by Angela 21st October 2019)



# Nourished by Nature

With **Charley Ainscough**

## SPRING INTO HEALTHY SNACKS

Snacking is an effective way to fit extra nutrients into your diet and prevent overeating at mealtimes. I always have an apple handy at all times for those moments when I am really hungry. This fills me up and adds good nutrition to.

### Prevents Overeating

Snacking helps keep you from getting overly hungry in between meals and then overeating at your next meal. So next time you start to feel hungry a couple hours before lunch or dinner, don't try to wait until the meal. Instead, eat a small healthy snack to tide you over. Combine a carbohydrate-rich food like whole grains, fruits or vegetables with protein foods like nuts or dairy products for the most filling snacks.

### Keeps Blood Sugar Levels Steady

Healthy snacking helps keep your blood sugar levels even, especially if you eat a consistent amount of carbs at each meal or snack. This is especially helpful for diabetics .

Provides Nutrients

As long as you choose nutritious snacks, snacking will also help you meet your nutrient needs for the day. Although it's fine to have a less-than-healthy snack every once in a while, most of your snacks should consist of nutrient-dense foods like fruits, vegetables, whole grains, low-fat dairy and nuts or seeds.

The recipe for my Seed Laced Crackers is a perfect snack at any time of the day. The seeds will give your body some extra protein and fiber. They can be eaten just as they are

or I like to top mine with some hummus and avocado. You will never buy a store bought cracker again once you have made these crackers, they are seriously delicious and nutritious. What's not to love .....

## SEED LACED CRACKERS

### You will need

1 cup sunflower seeds

1 cup pumpkin seeds

½ cup chia seeds

1 cup sesame seeds

½ cup linseed – flaxseed

1.5 cups water

½ cup of tamari – gluten free soy sauce

A good sprinkle of chili flakes

A good grind of black pepper.

Dried herbs of your choice.



### How to

Measure all the seeds into a bowl.

Cover with the water and tamari.

Mix and leave to soak for at least 30 minutes.

Line two flat baking trays with baking paper. Spread the seed mix thinly over both trays 3-4 mm is perfect

Bake at 170 Fan bake until brown and crisp approximately 30 minutes, switch the trays over after 15 minutes.

Allow to cool, snap into the shape you want. I make sure I have some large pieces that are perfect for topping with avocado .

### Charley Ainscough

*Charley Chop Chop*



# Sweet Treats

With **Sarah Sears**

## VEGAN CHOCOLATE BLISS BALLS

No baking is required to make these vegan chocolate bliss balls!

They are also super easy to whip up when you have unexpected guests or when that 3pm chocolate craving creeps up on you.

If you're prepared, you can make a batch at the beginning of the week and store them in the fridge so that you have them whenever you feel like a pick-me-up.

Packed with healthy fats, refined sugar and protein; these little balls have it all.

### So what's in these Bliss Balls?

There is no added sugar in these bliss balls, all sweetness come from dates which have been soaked in a little water to help them soften along with some berry jam. The beauty of this recipe is that you can use whatever you have on hand. If you don't have any nut butter (e.g. peanut butter, almond butter etc.) you could just add 1/4 cup nuts and whizz them with the rest of the ingredients. If you don't have jam, use honey. There are no rules, just lots of deliciousness.

Eat them all day long...

Although I originally made these bliss balls for a dessert, you can eat them anytime of the day be it breakfast, morning tea, after lunch snack or whenever you feel like it.

Plus, Google says that bliss balls are the perfect pre/post work out snack, so there is another excuse to eat them!

## INGREDIENTS

75g (about 1/2 cup) pitted dates  
1/4 cup water  
2 tablespoons coconut butter/oil (or butter)  
1 tablespoon berry jam  
3 tablespoon nut butter (e.g. almond, peanut, cashew etc.)  
1 teaspoon vanilla extract  
3 tablespoons dutch/natural cocoa powder  
160g (2 cups) desiccated coconut, plus extra for coating.

## METHOD

1. Place water and dates in a small saucepan, and simmer over a low heat until the dates have completely softened (about 2 minutes).

2. Add coconut butter/oil, nut butter, berry jam and vanilla and mix to combine. Set aside.

3. In a medium sized bowl, combine cocoa powder and coconut. Add date mixture and mix until well combined.

4. Using slightly damp hands, roll mixture into balls and then roll in extra coconut.

## Variations

\* For extra sweetness, add honey to taste with the date mixture before combining with the coconut.

\*\* Roll the bliss balls in cocoa, icing sugar, or dip in melted chocolate

## Sarah Sears

*What Sarah Bakes*





# Feel Great Food

With **Lee Holmes**

## THE SUPERCHARGED APPROACH

**If you've wondered near and far for a suitable way of eating but you tend to find yourself swinging from one popular diet to another, then this post might help...**

When there are just too many diets to choose from, it may seem like it's the time to just throw in the towel, stop trying to be healthier altogether and grab a piece of chocolate cake. I'm here to tell you that it is possible to eat a healthy balanced diet and you shouldn't throw the towel in just yet!

The everyday act of consuming food should never bring you a feeling of captivity or worry. In a supercharged life, food is to be enjoyed and savoured.

In my years of studying nutrition, writing and researching books, I've personally found that the supercharged approach is simple and common sense! Basically it's all about letting go of rules! A few of the things I've discovered in my journey of writing fifteen books about health and wellness is...

### EAT MOSTLY PLANTS

The one thing we can all agree on is that eating plant foods is really good. I like to ensure that plant foods – such as nuts, seeds, fruits, grains, vegetables, herbs and spices – make up the majority of my diet, with the greatest emphasis on seasonal vegetables and especially greens. I still enjoy animal products but in smaller quantities.

### BALANCE OUT YOUR EATING

Eating is all about balance. If you've been out of your normal routine while at work or on holidays and found you've overindulged in a specific food, spend the next few days nourishing yourself back to balance with the foods you've been missing.

### CUT DOWN ON PROCESSED AND INFLAMMATORY FOODS WHERE YOU CAN

Industrially produced foods that your ancestors wouldn't comprehend are best eaten in small

amounts. Any ingredient with a number, or a name that doesn't register as 'food' when you read it, probably isn't food and may not make you feel that great.

### LOOK AFTER YOUR GUT

This is the engine room. Between 70-80% of your immune system tissues and cells reside in the gut. Our bodies function best when we eat foods that support the healing of our gut lining. Smoothies, soups and gelatinous homemade broth-based meals are wonderful. Probiotic and prebiotic foods are also important in creating the perfect environment for friendly bacteria in your micro biome to flourish.

Munch mindfully, eat slowly and think about what you are eating and how it will nourish you. Rushing and stressing when you're eating can interfere with digestion, and create imbalance in your gut ecosystem- this can lead to lack of energy, bloating, weight gain and digestive disturbances.

### LIVE BY THE 80:20 RULE

Sticking to your nutritional values 80 per cent of the time will allow you a healthy margin where you can say yes to the chocolate cake at your friends' birthday parties, or enjoy a big slab of pizza as you travel through Naples.

### TAKE AN AYURVEDIC APPROACH

I've been deeply impacted by the ancient healing art of Ayurveda. It's a whole-lifestyle approach that begins with determining your unique type, also known as a dosha. From there you can learn a host of lifestyle choices that best suit your emotional, physical, mental and spiritual needs.

In Ayurvedic philosophies, the sense of taste is a natural roadmap directing us towards good nutrition and characterised by six individual tastes: sweet, sour, salty, bitter, astringent and pungent.

I love this philosophy, as it recognises that no one diet is perfect for everyone, and it empowers you to be the author of your own health based on the knowledge you've gained about your unique self.

It's a place where you walk to the unforced rhythms that come with a common sense attitude towards food and a balanced approach to eating. Basically, letting go of a rule-bound approach to eating will bring you a sense of freedom, but still allow you to commit to food choices that equate to vibrant health and longevity – and a life fully lived.

### **PRACTICE MINDFUL EATING**

Do what the French do and make an occasion of your meal, even if it's just morning or afternoon tea. Unplug, turn off the TV, sit at the table, use proper dinnerware, eat with friends and family, and give thanks. Tune in to all your senses and pay attention to enjoying and savouring each glorious mouthful.

Food that's considered, selected, prepared, served and enjoyed with genuine love and thankfulness will bless your body far more than you know. Eat slowly and not on the run. Taste, smell and experience all the sensations of your meals. Honour yourself by taking the time to sit down to eat. Chew your food and say thanks. Be grateful to the earth and to the divine blessing that food is.

### **ENJOY YOUR FOOD**

Think of pleasure and fulfilment when it comes to food. The bottom line is that every body is different and has different needs. It's your own responsibility to listen to your heart and steward your body through your lifestyle choices, ranging from movement, sleep and food right through to the emotional and spiritual factors that enable you to best maintain your health and find fulfilment.

### **Lee Holmes**

*Supercharged Food*

*(Adapted from the original post by Lee on October 5, 2019)*







# Helpful Herbs

With **Mandy Haywood**

## DANDELION

### *Taraxacum officinale*

*"When you look at a field of Dandelions, you can either see a hundred weeds or a hundred wishes."* - unknown

#### **Parts used:**

The leaves and root

#### **History:**

Generally known as a weed, Dandelion has an impressive list of health benefits dating back to the tenth Century where it was used by Arab physicians. The leaves are known for their ability to increase urinary output and the root is more specific to the liver and gallbladder by assisting the production and release of bile. The Famous English Herbalist Nicholas Culpepper stated that *"it openeth the passages of the urine both in young and old and will cleanse ulcers in the urinary tract"*.

#### **Nutritional constituents:**

Leaves: Vitamin A, B's, C and D. Minerals: Carotenoids, Potassium, Iron and Copper.

Roots: Vitamin A, B, C, D. Minerals: Potassium, Calcium, Sodium, Phosphorous, Iron, Copper, Zinc

#### **Spiritual/cleansing benefits:**

To summon spiritual power, to make wishes and enhance intuition

#### **Astrology:**

Ruled by Jupiter

#### **Traditional/Current Medicinal uses:**

Dandelion root was traditionally prescribed for digestive conditions such as gallstones, jaundice and constipation and due to its bitter nature and ability to stimulate liver and gallbladder function. It is a tonic to the digestive system and increases digestive secretions and enzyme pro-

duction which enhances nutrient absorption. It is a valuable herb for loss of appetite, flatulence, bloating, nausea and morning sickness. Dandelion encourages detoxification by removing toxins from the blood via the liver and kidney and is beneficial for acne, eczema, psoriasis and inflammatory conditions such as arthritis and gout.

Dandelion leaf is a powerful diuretic (increases urinary output and flow) which makes it a helpful herb for fluid retention and conditions where there is impaired urinary excretion such as cystitis. It is used prescribed for high blood pressure due to its ability to reduce fluid volume. Unlike conventional diuretics that increase Potassium loss, Dandelion leaves are Potassium rich, so they help to retain this vital mineral.

#### **How to use:**

Roasted Dandelion root is a popular caffeine free coffee substitute with the added benefits mentioned above. My favourite can be made in a plunger, just as you would coffee. It is often found in Liver Detox teas along with other herbs such as Globe Artichoke and Milk thistle.

Dandelion leaf can be made into a cup of tea by adding boiling water – great for swollen ankles and fluid retention from conditions such as premenstrual syndrome.

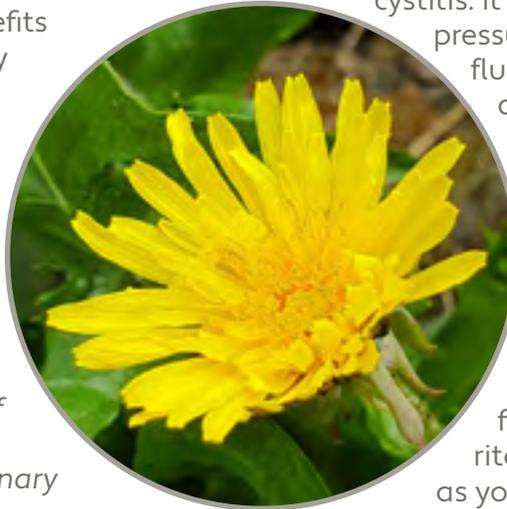
As Dandelion turns to seed and you can close your eyes and make a wish by blowing the seeds away...

#### **Culinary uses:**

Dandelion leaves are used in salads or cooked. They are not only very nutritive, but also bitter and stimulate digestive secretions. The petals are edible and can be sprinkled on salads for colour.

#### **Mandy Haywood**

*Naturopath & Medical Herbalist*





# Scents of Self

With **Michelle Cotton**

## SPRING ALLERGIES PART 2

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 and is continued on from Issue #4.

*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 #3 - LAVENDER

**Physical attributes:** You may love or hate lavender - that will depend on the relationship that the your brain has created with its particular scent. Lavender has been called the "universal oil" because it has multiple therapeutic properties. Lavender supports the nervous system by releasing unnecessary tension and stress. It provides incredible support for anxiousness and sleep difficulties, and encourages open and honest conversation with the self and others.

Lavender aids with verbal expression and calming the mind by calming the insecurities that come up when you risk sharing your true

thoughts and feelings. It addresses a deep fear of being seen and heard. It is most commonly used to create a calming, peaceful atmosphere. It has been known to help speed skin recovery, soothe occasional skin irritations, calm the stomach, and ease muscle tension (especially in the head and neck).

The benefits of lavender are plentiful! It can be used on itchy bites to remove the itch, on bee stings for relief and skin scratches, and is great for burns. Try out lavender for calming the mind and body, relaxation support, sleep support and with restless leg syndrome. It's one of the safest oils for use with babies, adults and elderly. It's my go to oil for bites, burns and bruises and any grumpy moods that arise at home.

**Emotional attributes:** If your hiding within, blocking your true self-expression use lavender as it helps create expression from the heart and soul. Great for grumpy moods, you can diffuse or inhale, the powerful aroma of lavender will calm and soothe the emotions building up.

For anxiety support, lavender has been so beneficial to many people of all ages, you can dilute the oil with a carrier oil, mix into a roller bottle and apply to wrist or hands, and inhale to assist bringing the body back into a calm balanced state.

Lavender inspires nurturing, along with an honest expression of the heart. Remember if its not your favourite smell, apply to bottom of feet.

**Spiritual attributes and effects:** Lavender is connected to the throat and Third Eye Chakra. What is in your mind requires putting into words to be able to materialise it. Lavender also assists with meditation by relaxing the body and assists in opening the aura for healing.

It supports expressing your true feelings and can help with aligning your heart and mind in order to move forward.

Share your projects and heartfelt desires; there may be someone out there who needs to hear it.

As you learn to communicate your deepest thoughts and feelings, you become liberated from your self-inflicted prison of feeling unsafe - or fearful of expressing yourself because of potential rejection. It is through open honest communication that you have the opportunity to experience unconditional love, acceptance, and peace of mind. With Lavenders courageous spirit, you are free to share your true feelings with others.

**Affirmation:** *'I am at peace with my world and myself'*

**Suggested Ways to Use:**

- Dilute with Carrier Oil for children, elderly and anyone with sensitive skin. I recommend (Fractionated Coconut Oil)
- Dilute 1-3 drops and apply over throat, temples or on nape of neck, can also be worn on wrists
- Inhale directly from the bottle, or place drop in hand, rub hands together, inhale
- Inhale while repeating affirmation above
- Dilute to use in massage treatment on body
- Diffuse in oil diffuser
- Place drops into bath
- Wear on clothing or in oil Jewellery as a beautiful calming aromatic scent
- Place drop on pillow or tissue and place near bed, if your sensitive to smell apply to soles of feet

**Michelle Cotton**

*Pure Vibration*





# Crystal Healing

With **Michelle Cotton**

## TIGERS EYE

### The History of Tigers Eye

Throughout the ancient world it was said that tiger eye is a good talisman and amulet for use against the evil eye, for protection from curses and bad luck - I believe it brings good luck and good fortune. Tiger eye was known to be 'all-seeing'. Used to heal diseases of the eyes, in Chinese medicine as it is said to restore yin and yang energies.

Tiger eye is linked to the magical tiger, worn by the romans for bravery and to deflect weapons. The Egyptians believed it gave the protection of the sun and earth together - they also placed it in the eyes of their God statues to emphasize divine vision.

This incredible stone was also used in voodoo rituals and to discern if another person is reliable or not, said to be 'revealed by the end of the day'.

### Colour:

Most often tones of brown with bands of yellow/gold through it

### Astrological Sign:

Gemini

### Vibration Number:

4

### Chakras:

The 3rd Chakra, the Solar Plexus

### Affirmation:

*"I am focused and full of clarity"*

**At a Spiritual Level:** Tiger eye provides an earth energy, giving a grounding effect when holding and during meditation. Tiger eye is a conduit when wishing to use the energy of the sun in your meditation or healing/ spiritual work, it provides a peaceful connects to both the earth

mother vibration and the powerful energies of the sun - providing nourishment for the body and soul.

It is said that tigers eye can help the user recall dreams and use dreamtime for growing spiritually. It can support opening psychic abilities through the 3rd eye for those ready.

Keep tiger eye with you to balance the female and male energy. Tiger eye will bring grounding through the lower chakras, supporting physical energy and balance through the earth.



### The Emotional Level:

Tiger eye can bring stability to those with scattered thoughts, helping to clarify the mind by making sense of the information, feelings and emotional extremes.

Tiger eye is the stone to reach for when feeling spaced out, and when you lose your enthusiasm and optimism or when you're struggling to make decisions while stuck in emotion - tiger eye helps bring the emotions into a better balance and allows you to make decisions from a calmer space.

Tiger eye can stimulate hope and bring about confidence for the future.

### On a Physical Level:

Tiger eye is a great blood fortifier, it restores balance to all aspects of the body and increases strength and vitality - there are beliefs that it supports the endocrine system.

It is said if you place Tiger's eye on the reproductive organs, it may assist in stimulating fertility and resolve issues from past experiences.

Try placing tiger's eye on either side of the head to support energetically rebalancing the left and right sides of the brain.

This stone holds energy said to be of the sun and

is great for uplifting low energy and depression. It can give great comfort to assist prevention of nightmares.

Tigers eye is believed to lower blood pressure, support heart issues and asthma attacks.

It can also assist with night vision, and old traditions say it has been used to heal eye and throat conditions, along with easing some stomach and gall bladder issues

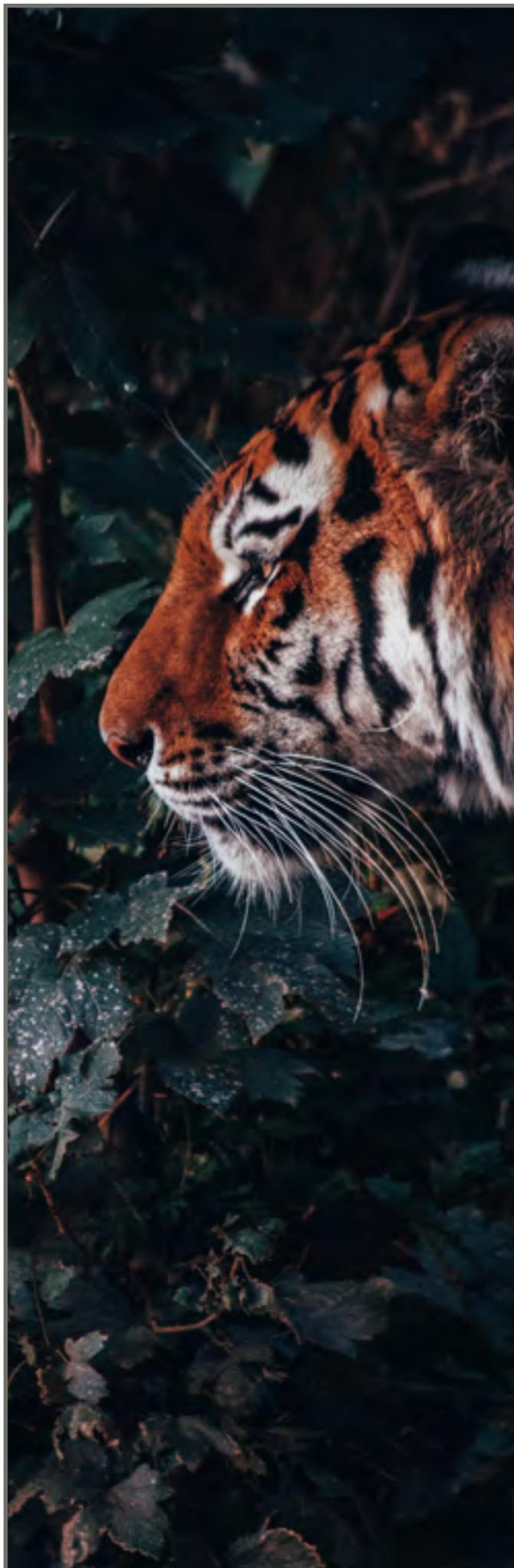
#### **How to use the crystal:**

*As always size/shape does not matter*

- ★ Place the crystal on each side of your head to rebalance brain hemispheres
- ★ Put a piece of tiger's eye in water, either your drink bottle or glass of water, allow the healing properties of this crystal to absorb into the water to give you healing and energy as you drink it
- ★ Use on the spine or on the solar plexus chakras when healing
- ★ Place on the area of body such as reproductive organs to support healing connected with fertility
- ★ Wear tigers eye for courage, strength and personal power and to balance both physical and emotional bodies
- ★ Keep some tigers eye in your home or room to unload excess energy or receive energy from the stone when needed
- ★ Wear the crystal in any style of jewellery, or in your pocket or tucked in your clothing to give you the support it offers

**Michelle Cotton**

*Pure Vibration*





# Yoga & Conscious Living

With **Sundari Zuleta-Connable**

## 5 DIFFERENT WAYS TO CLEANSE AND DETOXIFY WITH YOGA

In this day and age it is important to find methods to rid ourselves of toxins. There are many ways that our bodies, minds and souls can become contaminated. Pollution, harmful chemicals or even negative thoughts can pose as a threat to our systems. Now more than ever we are in need of cleansing and rejuvenating practices to support us. With a holistic approach to yoga, it is possible to achieve this.

There are a variety of yogic practices and techniques that promote detoxification on many different levels. In fact there are so many simple ways we can support ourselves. All we need to do is put in a little time and effort so that we can thrive.

**Here are 5 different ways we can use yoga to assist us in cleansing and detoxification:**

### Hatha Yoga

Hatha Yoga activates all of the body systems. It specifically deals with practices intended for body purification. Hatha Yoga works to establish harmony between opposing forces and balance Prana (energy) in the body. 'Ha' represents the solar energy (Pingala) considered the physical force, the sympathetic nervous system and 'Tha' represents the lunar energy (Ida) the mental force, the parasympathetic nervous system. The majority of the time one or the other is dominant. Hatha Yoga is the union of these two forces and brings us into balance through physical and mental purification.

### Anna Yoga

'Anna' is the Sanskrit term for food. Anna Yoga is conscious and nutritious cooking and eating. Food contains Prana (energy) and depending on what you put into your body you can either hurt it or heal it. Nourishment of the body's tissues forms a foundation for nourishment of the mind and emotions. This means it is important to eat wholesome food and minimize or eliminate foods that have chemicals or harmful stimulants.

From a yogic perspective it is important to have a diet high in Sattvic foods. Sattvic foods have a kind of vitality that increases peace, bliss, lightness, clarity, intelligence and illumination. Swami Satyananda has said that it is "important to eat foods that burden the body least." Ayurvedic cooking is an amazing way to eat foods that detoxify the body and promote health. Furthermore, mindful eating rituals allow us to approach food with clarity and consciousness.



### Pranayama (Breath)

Breath is one of the easiest and most fail-safe ways you can cleanse and detoxify your body. Pranayama is a series of breathing techniques that control and move the Prana (energy) in the body. Heating and cleansing breathing exercises are important to clear the body of toxins and reduce physical and mental stress. "Brahmari pranayama (Humming Bee Breath), when practised in slow resonance, creates a vibration in the heart, which you can feel if you hold your hand close to the chest. This vibration mobilizes the movement

of cells and creates the momentum to rejuvenate a sluggish metabolism. Kapalbhatai pranayama forces oxygenated blood into the brain thus clearing out impurities in the nerves and arteries, and recharging the cerebral system with new life” (Swami Satyasangananda). Breath is something you can access anywhere and anytime and therefore it is one of the most simple and effective ways to purify the body and mind.

**Shatkarmas (Cleansing Techniques):**

There are 6 yogic detox cleansing practices within the category of Hatha Yoga known as the Shatkarmas:

Neti: nasal cleaning

Dhauti: cleansing of the digestive tract.

Nauli: abdominal massage.

Basti: colon cleaning.

Kapalbhatai: purification and vitalisation of the frontal lobes.

Trataka: blinkless gazing.

These techniques are advanced, powerful practices and must be practiced under the supervision of a qualified teacher, but they are amazing as they impact and activate almost all of the vital systems in the body, especially the digestive, respiratory, circulatory and nervous systems.



**Mindfulness Meditation:**

So often detoxification seems to only focus on the body. You can do all the healthy eating and exercise you want, but if your mind is negative then it has detrimental impact on everything else. Mind and body are connected. Just as you detoxify your body you must also your mind. Mindfulness meditation practice can help us to let go of the old patterns and become aware of the activity in our mental sphere. Antar Mouna for example is an inner silence meditation aimed at raising the awareness and directing the mind.

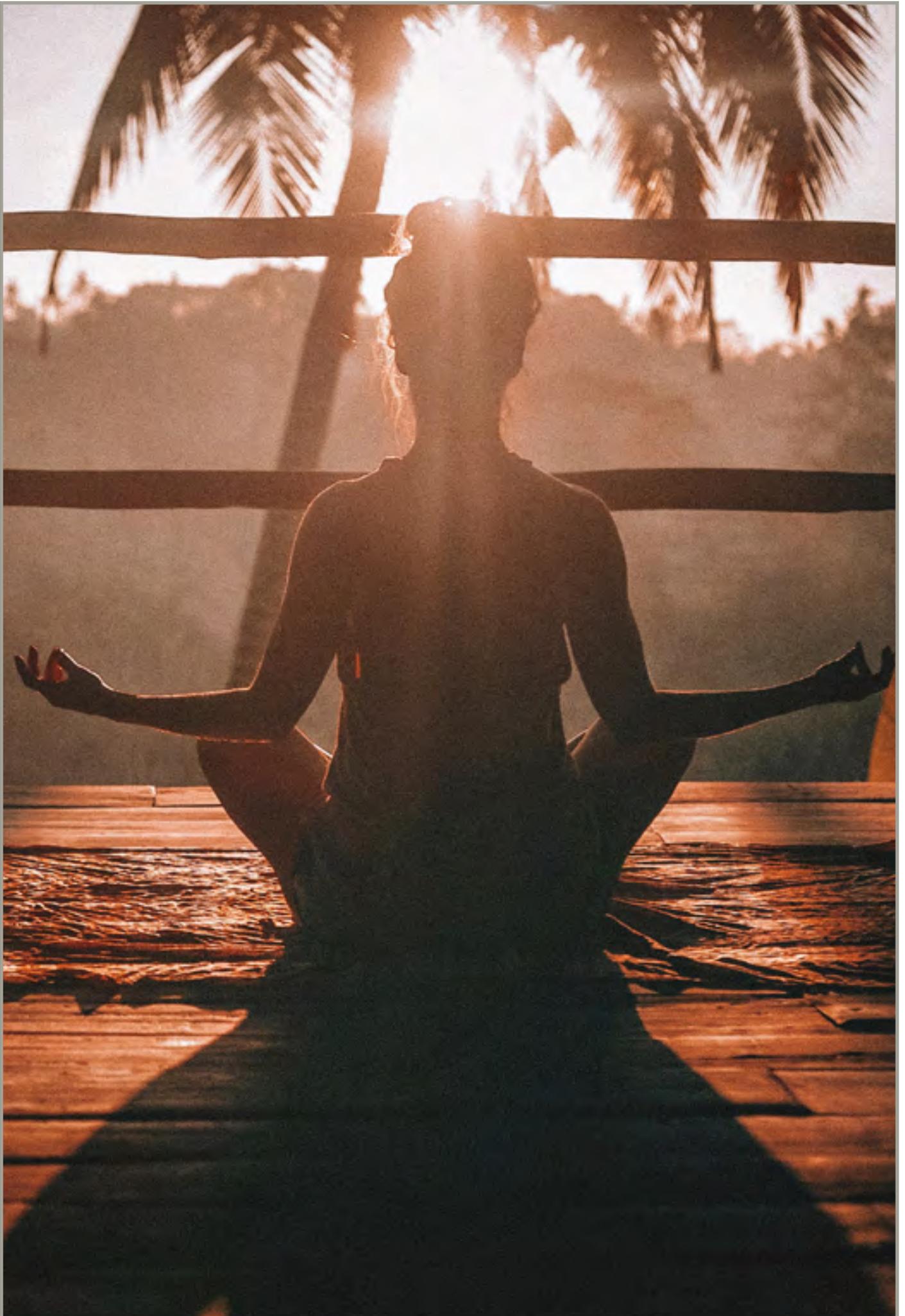


Yoga offers a variety of incredible techniques that promote detoxification on multiple levels. These practices help to bring our bodies, minds and souls into balance and create harmony throughout our system.

**Sundari Zuleta-Connable**

[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)

*(Original post published September 25, 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.*

## Gentle Back Bends

Introducing gentle back bends to open the heart. Perfect for those of you who spend hours sitting and need to stretch out your hip flexors and front of body



**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*

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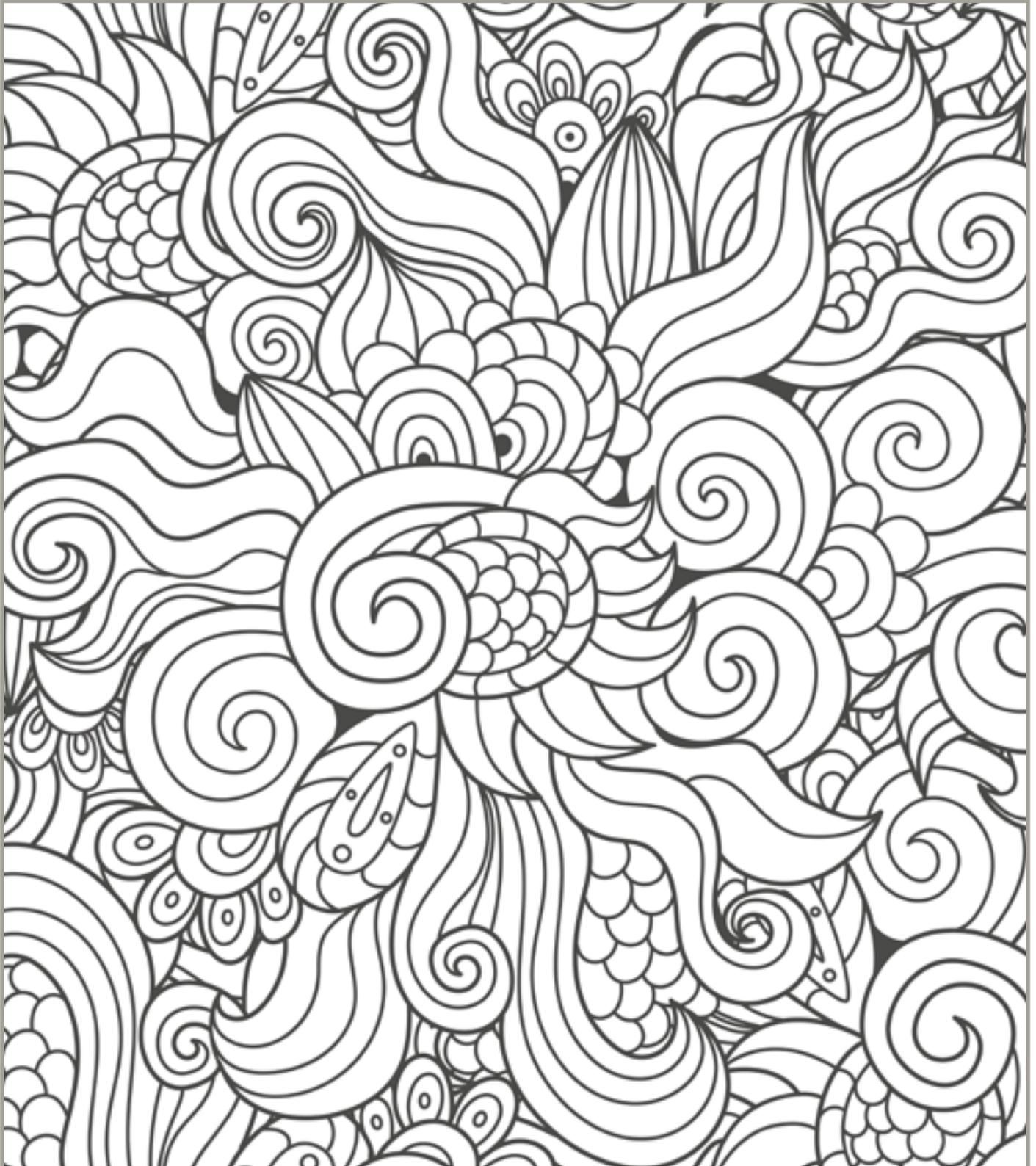


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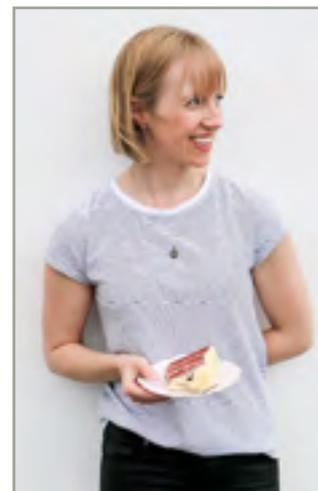
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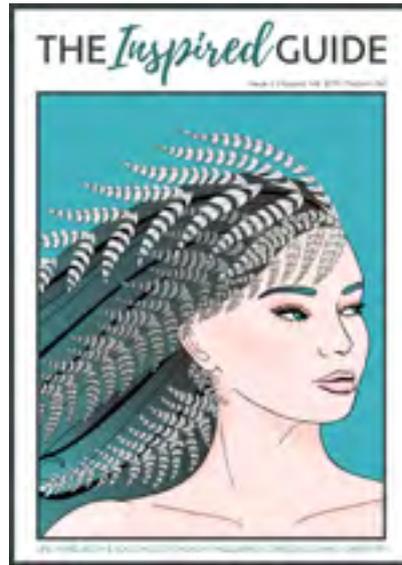
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