

# THE *Inspired* GUIDE

Issue 2 | August 4th 2019 | Nelson, NZ



LIFE | MIND, BODY & SOUL | HOLISTIC HEALTH | WELLBEING | CONSCIOUS LIVING | CREATIVITY

IF YOU  
CHANGE  
THE WAY  
YOU LOOK  
AT THINGS

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THE THINGS  
YOU LOOK  
AT  
CHANGE

- Dr Wayne Dyer



**Hello and welcome to the Issue #2  
of The Inspired Guide magazine!**

*A little late due to illness, but here it is! Full of inspirational content that was uplifting to read while I edited it and recovered from a nasty flu.*

Change is the only certain thing in life, well that and death... as Dr Wayne Dyer says *“change the way you look at things and the things you look at change”*.

The freedom to change your mind whenever you feel like it. What you wear, what you eat and what you believe is one of the many blessings of being alive and should be embraced! You don't need to be your 17 year old self at age 33! You can cut your hair, get a tattoo or get rid of a tattoo! So many options!

With each edition of The Inspired Guide I hope this happens to you... something you never heard of might call to you... or a difference of opinion on a topic you are passionate about opens your mind to new ideas and changes the way you do things ... there is so much possibility!

The power of knowledge is incredible and life changing for everyone who seeks it out with an open mind. People often say “but it has all been done before” - but I say “only what has been done before, has been done before”! Innovation and new ideas are a plenty - often coming to us in dreams or moments of bliss - you can change your mind in the blink of an eye...

I hope you get as inspired as I do by all of the wonderful information and ideas out there and in this 2nd edition of The Inspired Guide.

What change can you create in your life from the wisdom in here?

*Thank You for Reading*  
**Amanda Sears**

A handwritten signature in black ink that reads 'Amanda Sears'.

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

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

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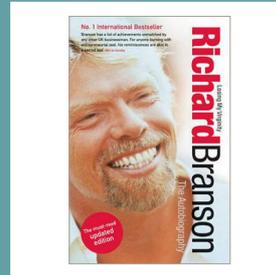
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## **Losing My Virginity** By Richard Branson

Sir Richard Branson's biography speaks candidly and vividly of his earlier exploits and beginning into the world of Virgin and all it encompasses.

Read about his unique story, personal philosophy on life, the Virgin brand and business and get insight into the inner workings of one of the most inspiring business men in the world + hear his adventures in the music industry, the airline world and hot air balloon world record attempts.

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## **Cover Art**

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## LOCAL GUIDE DIRECTORY

# 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...



GOOD NEWS

## 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!



BOOKS

## 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

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



PEOPLE

## BE INSPIRED

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



MUSIC

## LISTEN

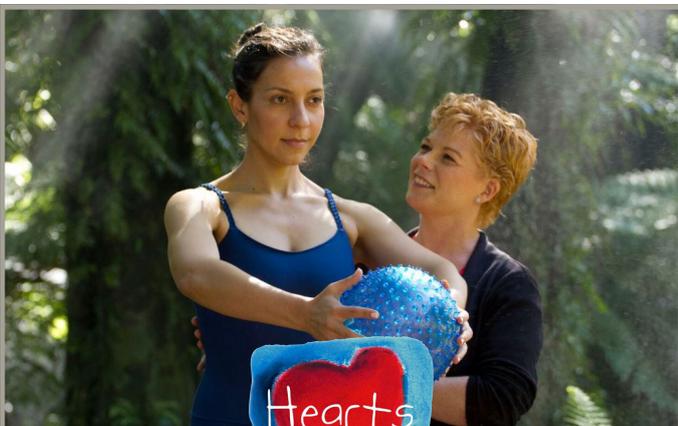
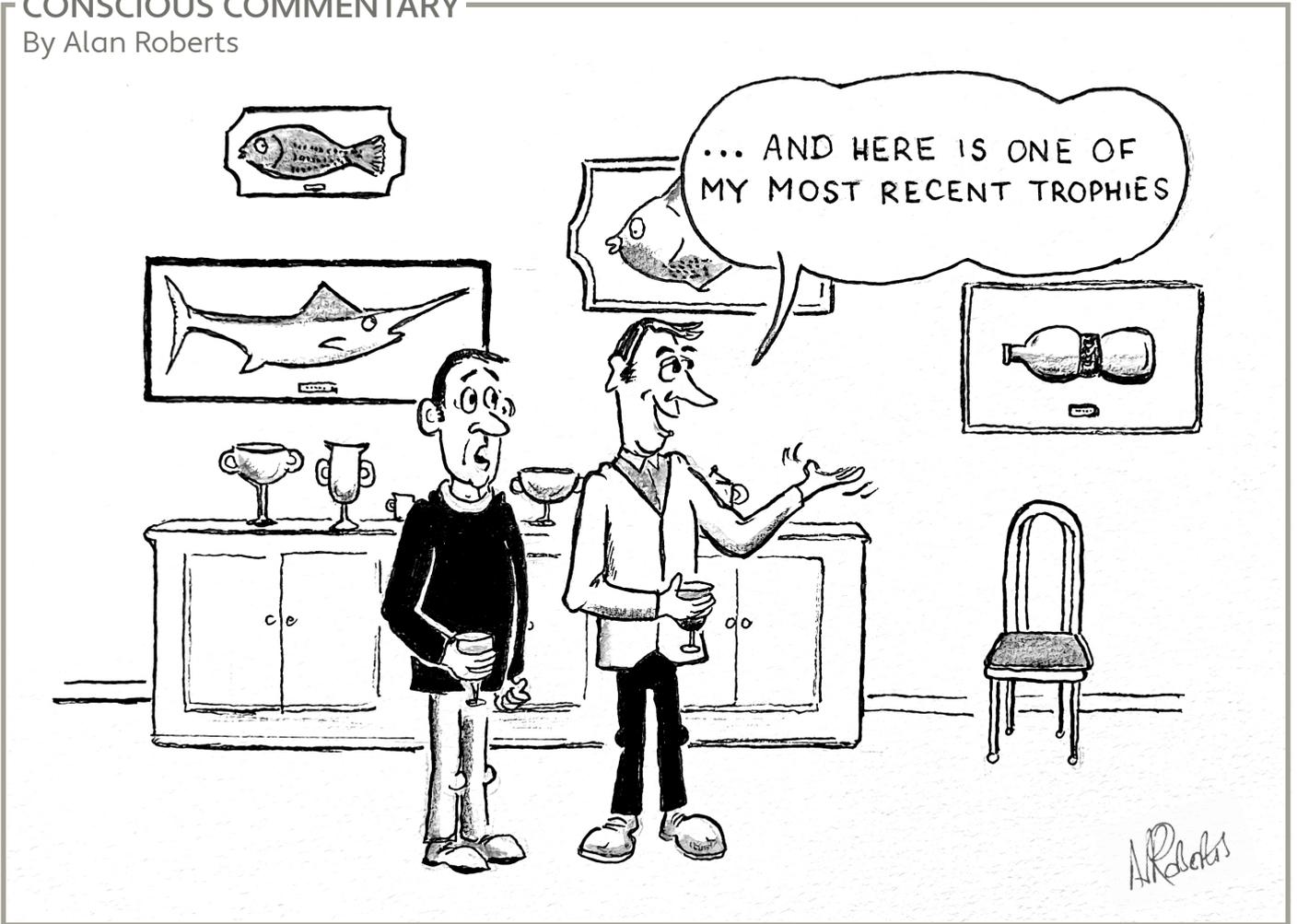
Soothe your soul, find that happy place and get your groove on with some of our uplifting musicians and singers.

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CONSCIOUS COMMENTARY

By Alan Roberts



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**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) with the intention of sharing personal experiences and insights on positivity, awareness, and self-love! Now a global, destination for positive inspiration and resources.

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



# Introducing the Contributors



**Amanda Sears** - *Living Well*  
[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 come out the other side a more developed, enlightened and knowledgeable person. She shares helpful tips based on her own experience of life in the hope to inspire those struggling on their own personal journey - while continuing to grow and learn herself.



**Angela Cheruseo** - *Mindset Matters*  
[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** - *Nourished by Nature*  
[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.



**Clare Scott** - *Sustainable Living + Being Fit & Well*  
[www.easystreetcycling.nz](http://www.easystreetcycling.nz)

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

# Introducing the Contributors



**John Cohen-Du Four** - *Sound Matters*

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.



**Kristin Paterson** - *Yoga Flow*

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

Mama, yogini, adventurer, teacher, speaker, biophilic. Kristin has been teaching yoga and meditation since 2013. After a cancer diagnosis at 26 completely changed her life, Kristin took off in search of deep healing. She found an unexpected peace and self-acceptance in her yoga and meditation practice and is now passionate about sharing both yoga and meditation with others. Kristin teaches at Kokoro Studio in Brightwater and to other young adults diagnosed with cancer through the Whole Lotta Life Foundation.



**Mandy Haywood** - *Helpful Herbs*

[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.



**Michelle Cotton** - *Crystal Healing*

[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 put her trust in herself and the Universal Source of Creation and started learning about all things spiritual and energetic. Now at age 49, 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.

# Introducing the Contributors



**Noreen Macdonald** - *Living Naturally*  
[www.thechoicelifestyle.co.nz](http://www.thechoicelifestyle.co.nz)

Noreen has immersed herself in natural health for over 20 years. She is a qualified Naturopath, Bioresonance Therapist, Neuro-emotional Technique (NET) practitioner, Yoga teacher and a mum. Noreen is also the owner of Natural Living Yoga Studio in Nelson where their aim is to inspire you to be the best version of your self that you can be... to be balanced, to heal, to grow, to love. She also has a blog called The Choice Lifestyle - inspiring choices for you and your family.



**Psychic Suzanne** - *Energetic Forecast + Divine Guidance*  
[www.psychicsuzanne.co.nz](http://www.psychicsuzanne.co.nz)

Suzanne is a local Psychic reader, Psychic Medium, Healer, Writer and Home and Land Clearer. She has been working in the spiritual field for over 25 years and is also a trained teacher and Life Coach. She has been spiritually gifted all of her life.... As a child she used to give messages to people and foretell them of events about to happen. She started reading Tarot cards and then did many spiritual courses which has brought her to where she is today.



**Renae Bailey** - *Spiritual Development*  
[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** - *An Empowered Life*  
[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.

# Introducing the Contributors



**Sarah Jensen** - *A Balanced Life*  
[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!



**Shelley Monrad** - *Essential Oils*  
[www.aromaflex.co.nz](http://www.aromaflex.co.nz)

Shelley is a passionate woman who takes the practice of using volatile essential oils and blending them into health specific formulations that can care, cure and connect people seriously and joyfully. Her innate wisdom is ancestral, her expertise from dedicated training and practice each day. Her passion for oils is all her own and her work is soulful. As a daughter, mother and woman, Shelley has experienced the cycle of life, death, illness and good health and intends to share her experiences with the wider community. She has over 25 years experience in Aromatherapy and Reflexology.



**Tim Morozgalski** - *Home Grown Gardening*  
[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 reconnect with their gardens and use more traditional and organic methods of gardening. He loves to grow food and shares this passion with his staff and customers so they too can grow delicious and seasonal food.



**Tracy Power** - *Holistic Health*  
[www.wellpower.co.nz](http://www.wellpower.co.nz)

Tracy has held a long time belief that we hold the key to healing within us, this holds true for enabling prevention also. After a divinely driven persistence to pursue this, she walked away from a 30 year career as a paramedical aesthetician and business owner, and embarked on a journey of education, research and learning. Collecting the keys to help prevent, reverse and heal cancer and other degenerative diseases. Currently completing a post graduate Doctorate of Natural Medicine and Quantum Physics, she holds a Bachelor in Holistic Health Science and a Masters in Natural Medicine, and is a Holistic Health Practitioner and Health & Cancer Coach.



Michelle Bellamy | 'Okiwi Bay Spearfisherman' | 2014 Acrylic on board | [www.bellamygallery.co.nz](http://www.bellamygallery.co.nz)

# Meet the Men's Panel

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



## John Cohen-Du Four

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



## James Kane

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



## Gareth Edwards

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



## Josh Ryan

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

# Meet the Women's Panel



## Becky Siame

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



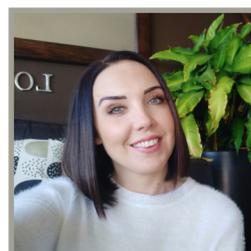
## Angelika Barnes Caslavka

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



## Caron Proctor

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



## Joleen Reynolds

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



## Judene Edgar

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





# CONSCIOUS LIVING

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# Sustainable Living

With Clare Scott

## WHAT I LEARNED FROM PLASTIC FREE JULY

This past month, I committed to giving Plastic Free July my best shot. I have been trying for years to cut down on how much rubbish we produce, and have never managed less than one blue bag a fortnight. I wanted to see if I could really go a whole month and not buy anything that would produce plastic waste. It meant I would have to get a lot better about making more things for myself and my family, or just go without.

However, sometimes the lure of the convenience factor was too much to resist. Here are three of the biggest challenges I faced over the month.

### 1. The “schedule” of making food:

I already knew how to make bread, cookies, muffins, and crackers from scratch, so I figured it wouldn't be too hard, but it ended up challenging me in ways I didn't expect. The time-factor of making food on a schedule took some getting used to, and I'm still trying to make it work smoothly. If you can't buy the basics (especially if you have kids' lunches to make) like bread, crackers, popcorn, and muesli, you need to get into a serious routine. Everything from feeding the sourdough starter, checking on the kombucha fermentation, putting on bread, and baking the crackers all needs to get done, and get done at the right time. This month really reminded me that it's time to slow down and focus on some simple jobs that really matter, like food preparation.

**2. Deciding to say “no”:** This proved more difficult than I expected at times, especially when the alternatives were really expensive. If I knew that I could make it, or buy it plastic-free without much hassle, saying 'no' was a breeze. Fresh ground coffee from local coffee shops is a bit more expensive, but it's fresher, and crackers are easy to

make. Things like this were a fun challenge. But choosing to not buy cheese was a tough one for my family. My kids are used to eating quite a lot of cheese...in sandwiches and toasties, nachos and scrambled eggs. I could buy “naked” cheese from upscale shops in town, but the price-tag was bit of a deal breaker, and I didn't want to constantly be telling the kids they couldn't have more cheese. This was one 'fail' I wasn't expecting. Saying 'no' to cheese was too hard, and I'm sure every family will come across their own personal 'cheese' challenge.



### 3. Eating habits based on availability:

Finding out the best places to shop, and getting there often enough to stock up, was a challenge. Even once I knew where to go, I struggled to get around town often enough to buy everything I needed before I ran out, which changed how I ate and cooked. Supermarket shopping is a one-stop shop, but when you buy your meat, coffee, and bread from three different places, it can be hard

to make it there before you run out. My struggle in this area was buying meat that I could take away in my own container. I only managed this at some local butchers. However, these butchers don't stock much if any free range or organic meat and chicken, which is important to me, so we ended up eating very little meat this month, so I had to meet the challenge of coming up with vegetarian meals almost every night which meant eating a lot of lentils.

July might be over, but my plastic challenge definitely isn't. While the month came with some unexpected challenges, it was by and large a fun and eye-opening experience. My family still produced almost one council bag of rubbish for the month (mostly from packaging before July). Next step is one bag every two months. I'm pretty sure we can do it, and you can too!

**Clare Scott** *Easy Street Cycling*



# Home Grown Gardening

With Tim Morozgalski

## WINTER GARDEN TIPS

The planting season is upon us.

We have been encouraging our customers to plant more trees as they are great for the garden and winter is the best time to get them in the ground. A rewarding garden is one which blooms with fruit, colour and life all year-round.

Deciduous trees around the house will allow for the warmth of the winter sun to be captured and then provide much needed shade during the summer. As well as this, they give in abundance their leaves as free mulch and fertilizer for your beds.

I cannot stress enough how important it is to keep your soil alive and these wet leaves are ideal. By alive, I refer to the fungus and insects. Without which the soil wouldn't be able to breathe nor have nutrients carried throughout it. So be sure to keep your gardens tidy of leaves but hold on to the benefits they bring to your soil.

For areas further from the house, this may benefit a more protected environment, plant evergreen trees. They will act as wind break and provide a more protected micro climate for your plants which are less able to thrive in our winter.

When deciding which plant, tree or ground cover, we always do our best to shy away from anything which we know has an invasive habit. This will lessen the need for weeding as well as protect our beloved and delicate natural bush areas.

These invasive species are surprisingly hardy, resilient and persistent. To name a few invasive species; Acacias, Agapanthus, Passion fruit, Fennel, Broom and many Pines. Instead of Agapanthus, plant Renga Renga for example. Any plants

which don't self-seed easily in NZ or that have root systems which do not easily invade, like non-clumping bamboo.

Winter rainfall last year was sporadic and very heavy at times; it's now starting to rain more frequently. So my biggest suggestion right now would be to start collecting rain water if you are not already. Those long hot summer droughts are going to become more regular and more intense, keeping your garden watered throughout the year is going to become harder without capturing some water via an off the grid system at home.



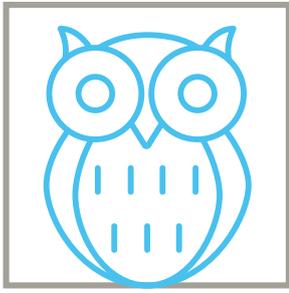
A rainwater collection system doesn't have to be complicated and there is more than one option for what we can collect water in. Tim has a preference for rustic old organic wine barrels. They look neat and do the job. This is ideal for a small area. However, due to the longevity of the droughts, multiple of these would be recommended. It would be wise to start collecting now

or focus on getting the system installed before Spring.

Just because it's raining more during the winter does not mean we can forget about the watering of our gardens. The colder nights and frost draw moisture, so big water before the frost hits and after is ideal.

Winter is the time to plant many of your favourite bulbs, move or prune back your roses, also get berries in the ground soon so that they are ready for the warmth of Spring.

*Words by Emma O'Grady from Tim's Garden*



# Consciously Creative

With Guest **Anne Grassham**

## FROM FARM TO FIBRECRAFT

I was born and raised in Auckland, pursued scientific tertiary studies, and traveled for 10 years, before settling on a small farm in Tasman to start a family about 30 years ago and live the “good life”. My interests quickly turned to farming sheep for handcraft fleeces, alongside developing my fibrecraft skills and knowledge. This, in turn led me to teaching both in the community and as a school teacher. My creative skills stem from childhood opportunities to identify and solve problems through experimentation, hence my interest in science, and this perspective on life is at the root of my creativity.

### What do you do?

My creativity comes from being a problem solver, and goes hand in hand with recognising where there is scope for improvement and pursuing it. This perspective colours all aspects of my life, but is probably most recognised in the field of woolcraft. Whether it be breeding sheep to produce specific types of fleece (for instance, Fleecewood Leicester), developing equipment to do a particular job (diagonal weaving) or to do the job more effectively and pleasurably (Wizpick felting needles), or letting my imagination go to make something practical, inspiring and attractive.

### Explain the way in which you work:

I work by playing with ideas, both in my head and on paper. Because I am dyslexic I find it relatively easy to visualise. Then I enjoy trying out my ideas and experimenting till I find something that will produce what I’ve imagined. It may mean developing or modifying equipment, challenging myself to come up with more effective ways of making or doing something, and ultimately in creating something unique and satisfying. I like the vertical integration model, so I might start with a fleece, skirt it, wash it, dye it, and then spin, knit, crochet, felt or weave it until I get the envisioned outcome. However, the creative process is not constrained during the making, so the outcome may be different from the initial idea. I find having to work to a deadline is useful in giving structure to the creative process.

### What inspires you?

Initial inspiration often comes from a need of some kind, but the feedback loop of working, experimenting and adapting provides the on-going source of inspiration and motivation. A lot of my ideas come from nature – animals, plants, rocks, water and sky. Sometimes the connection is visually obvious, and sometimes the initial inspiration is lost in the ensuing development of the work. When working on a piece, I need to make it the priority for my time and effort, so set time aside until it is finished, but I also need to have release periods where I get up, walk around, drink coffee or whatever it takes to release tension that develops around the exhilaration of creating something satisfying.

### Tips and advice for others:

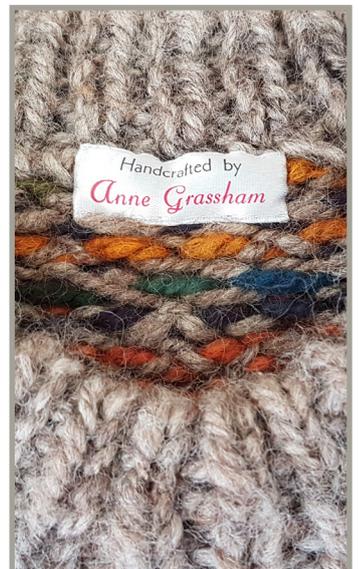
Believe in yourself. Don’t rely on the opinions of others, but be open to constructive feedback. Value your time, talents and creative skills, because most people and potential customers rely on the price you place on your creation to determine value – so don’t set your price too low. Set your goals and challenges to suit your needs; others will work around you.

### Would you like to add anything else?

Teaching night school taught me that creativity is not just about making or doing new and interesting things. I realised it has the power to change your view of the world, and to change the world around you. This was brought to my attention one year when three separate students approached me at the end of their courses, and thanked me for changing their lives! One had been able to come off antidepressants, another had found the courage to go out and face the world, and a third had found inspiration. I believe this was because they had experienced personal growth through engaging their creativity, and by doing so had found a way to look at their world from a different perspective and to experience the sense of freedom and confidence that comes from that.

### Visit Anne’s website for more:

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





# Conscious Business

With Guest **Little Beehive Co-op**

## Questions answered by:

Paula Ossevoort - Owner/Director

## Tell us about your conscious business:

Little Beehive was established in 2014 by myself & Rachael Brown. We had a simple vision, which was to create a hub for like minded artisans to create, sell, collaborate and belong to a working group. We wanted to offer somewhere for them to sell their work without being side swiped with high gallery commissions.

So we gathered artists and small business owners together to share our idea and it was only a matter of weeks & a bit of paint before the doors were opened. With so much talent under one roof we had plenty to showcase in our little store and set up artist workstations, a gallery & a small workshop space. 5 years later, after many changes we moved to our new premises on Bridge Street and now have an online store too.

## How do you do business more 'consciously'?

I think our whole concept of working together as a small creative community envelopes conscious living. With a strong focus on handmade, sustainability, supporting NZ made and sourcing products from ethical companies. It's nice to know that the majority of our profits are going back into our local community & potentially incubating new businesses to get off the ground.

## Describe your unique business attributes:

We work on our own co-operative model with a membership plan. Members pay a weekly fee that contributes towards rent as well as sharing the responsibilities of working in the shop. In return our members keep 100% of their profits.

Working as an artist from home can be quite isolating so it was appealing to those involved to have that space where you could bounce ideas off each other, trial new products & talk business.

## How have you found doing business this way?

Working with a large group of people can be challenging when it comes to making decisions, which is why we structured our own model of the cooperative. As the director of the company

I have the final call on the day to day running of the co-op & am ultimately liable for the business, although I value our members input and often involve them in the decision making process.

We're all passionate about the Beehive and what each individual contributes, this creates a supportive, family like network which is invaluable in a work environment.

## Find out more on their website:

[www.littlebeehive.shop](http://www.littlebeehive.shop)



# Conscious Community

## With Guests **Helping Families Nelson**



*Mel & Kristy from Helping Families Nelson*

After seeing a very real need for clothing for children uplifted from their homes and placed in care with nothing to their name, we offer a place for families to receive free second-hand clothing and toys.

### **Our Mission**

*To support families with the necessities, so children can reach their full potential.*

### **What we do**

We organise donations of clothing, bedding and household goods for those in need.

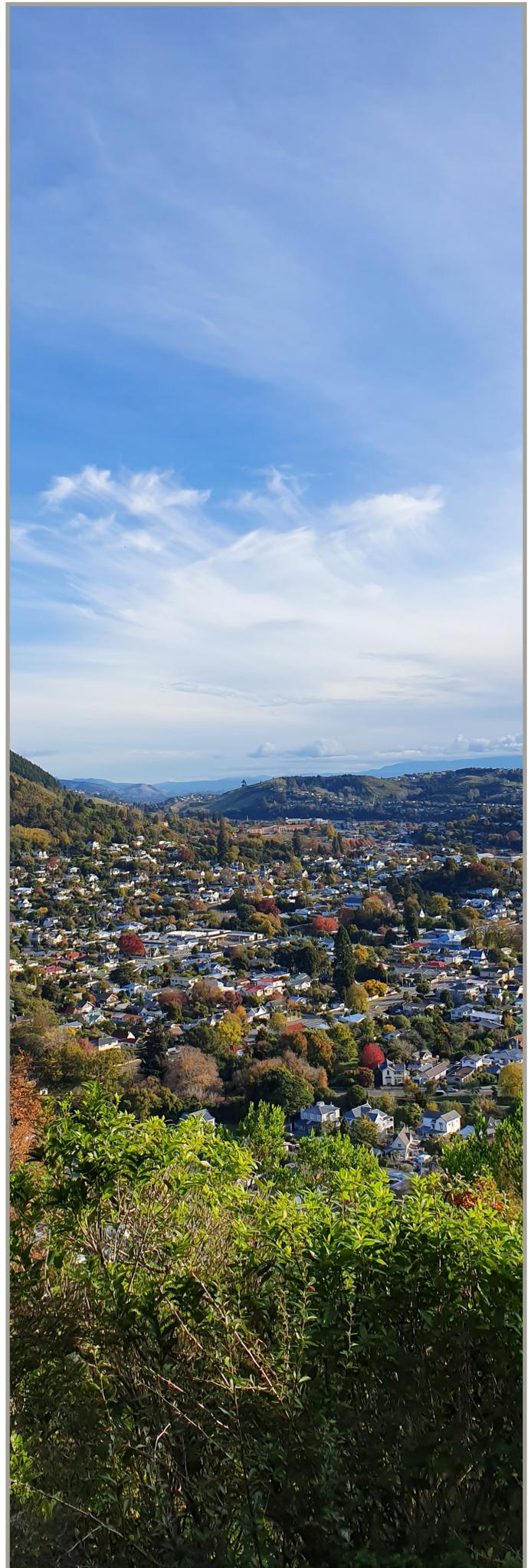
### **How we work**

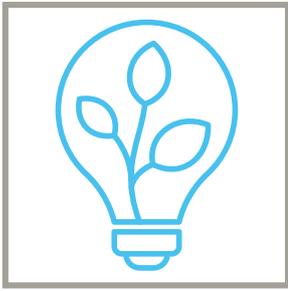
We collect and redistribute items where they'll most be needed: with children and their care-givers. Working directly with the people who need us, and partnering with local social service organisations means our efforts are focused on where they'll be most helpful.

### **We're growing**

In size, and in scope, we're expanding week by week. What began as a lounge room piled with clothing has become three shipping containers, more volunteers, and new ambitions. As well as clothing families and helping with essentials, we're helping people in other ways, too: helping people get back to work, filling cupboards and addressing period poverty. Let's work together.

[www.helpingfamiliesnelson.org.nz](http://www.helpingfamiliesnelson.org.nz)





# Conscious Living

With Guest **Passive Housing Institute NZ**

## INTRODUCING PASSIVE HOUSING

### WHAT IS A PASSIVE HOUSE

Passive House is a fabric-first approach to achieving healthy and comfortable buildings. With up to 90% energy savings for space heating and cooling, Passive Houses use much less energy compared to traditional buildings and even average new buildings. This is achieved through the implementation of passive design measures (such as orientation, building form, solar shadings, etc.) and through building components (such as insulation materials, airtightness layers, heat recovery systems, etc.).

### WHY A PASSIVE HOUSE

A core purpose of the Building Act 2004 is to ensure that *“buildings have attributes that contribute appropriately to the health, physical independence, and wellbeing of the people who use them”*. Our older houses often do not pass muster in this regard, but surprisingly very few new houses are up to the task, either. Too many houses have questionable indoor environmental quality, require large amounts of precious energy to maintain even a substandard level of comfort, and pollute the environment in the process.

From this baseline, incrementalism is not enough. The Passive House a game changer that is proven to meet expectations, and is beneficial to people and the environment.

### PASSIVE HOUSE FEATURES

#### Orientation and Shading

While not solely dependent on solar gains to achieve thermal comfort and energy efficiency, they still benefit from careful consideration of the impact of sun paths and shading. The aim is to ensure that any solar gains will make a positive contribution towards meeting Passive House targets without the risk of overheating.

#### Form Factor

The complexity of a building’s thermal envelope can have a significant effect on the insulation levels required to meet the Passive House standard. Firstly, a larger thermal envelope will transmit more heat per usable area, and secondly, a

complex shape will involve more junctions that create difficulty and cost. Keep it simple!

### Insulation and Thermal Bridges

In a Passive House, all components of the building envelope must be well-insulated. Insulation comes in numerous forms, from batts to straw bales, from SIP panels to vacuum panels, and the choice of the material and its thickness depend on the local climate. In addition, all edges, corners, connections and penetrations must be planned with special attention in order to avoid thermal bridges.

### Windows and doors

High-performance windows and doors are arguably the single most important component to get right in any Passive House project. Passive House certified windows are available in a number of different frame materials that satisfy strict criteria on thermal performance and airtightness.

### Airtightness

Airtightness is central to attaining Passive House certification, but, most importantly, it is a key indicator of construction quality. Remember: a leaky building is not necessarily a breathable building and an airtight building is not automatically bad at managing moisture. Designers need to understand the interaction and independence of these mechanisms when planning, in order to have an airtight building with a healthy indoor environment and a robust, ‘breathable’ thermal envelope with unwanted draught elimination.

### Ventilation

While a well-designed thermal envelope is key for achieving thermal comfort, getting the ventilation right is similarly important for feeling cosy and fresh inside. Mechanical ventilation with heat recovery is not mandated by the Passive House standard, but it is the easiest way to meet the energy goals in hot and cool climates, and a precondition for reliable indoor air quality in all climates.

### Hot Water & Heating

Heating systems in Passive House projects are

generally a lot smaller than people expect! There are many different options available: small heat pumps, direct electric or conventional boilers. Oversizing the heating system can be a waste of money and efficiency. You need very little heat in a Passive House, so keep the heating system small, efficient, responsive and simple!

### LIVING IN A PASSIVE HOUSE

You are warm but never too warm in a Passive House, and surrounded by a constant supply of lovely, fresh air. As a positive side effect of the way Passive Houses are insulated and ventilated they are also very quiet.

In a Certified Passive House, you could in fact live close to an arterial road in peace, and with good indoor air quality. Passive Houses are designed for indoor temperatures between 20-25° C.

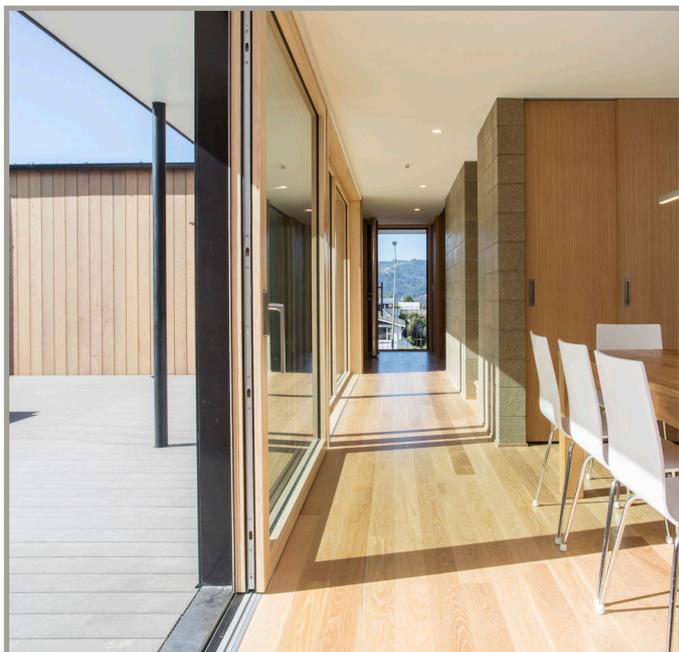
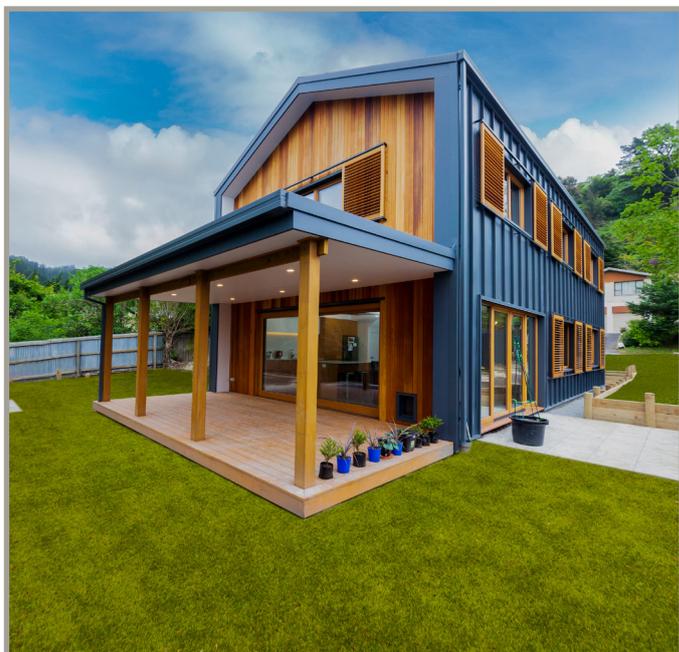
If you want it colder, that can be arranged, but most people prefer a warm environment if it comes with an ample supply of fresh air. Summer overheating is to be avoided by design, for example movable exterior shading devices on all North, East and West facing windows. Overhangs alone won't always do!

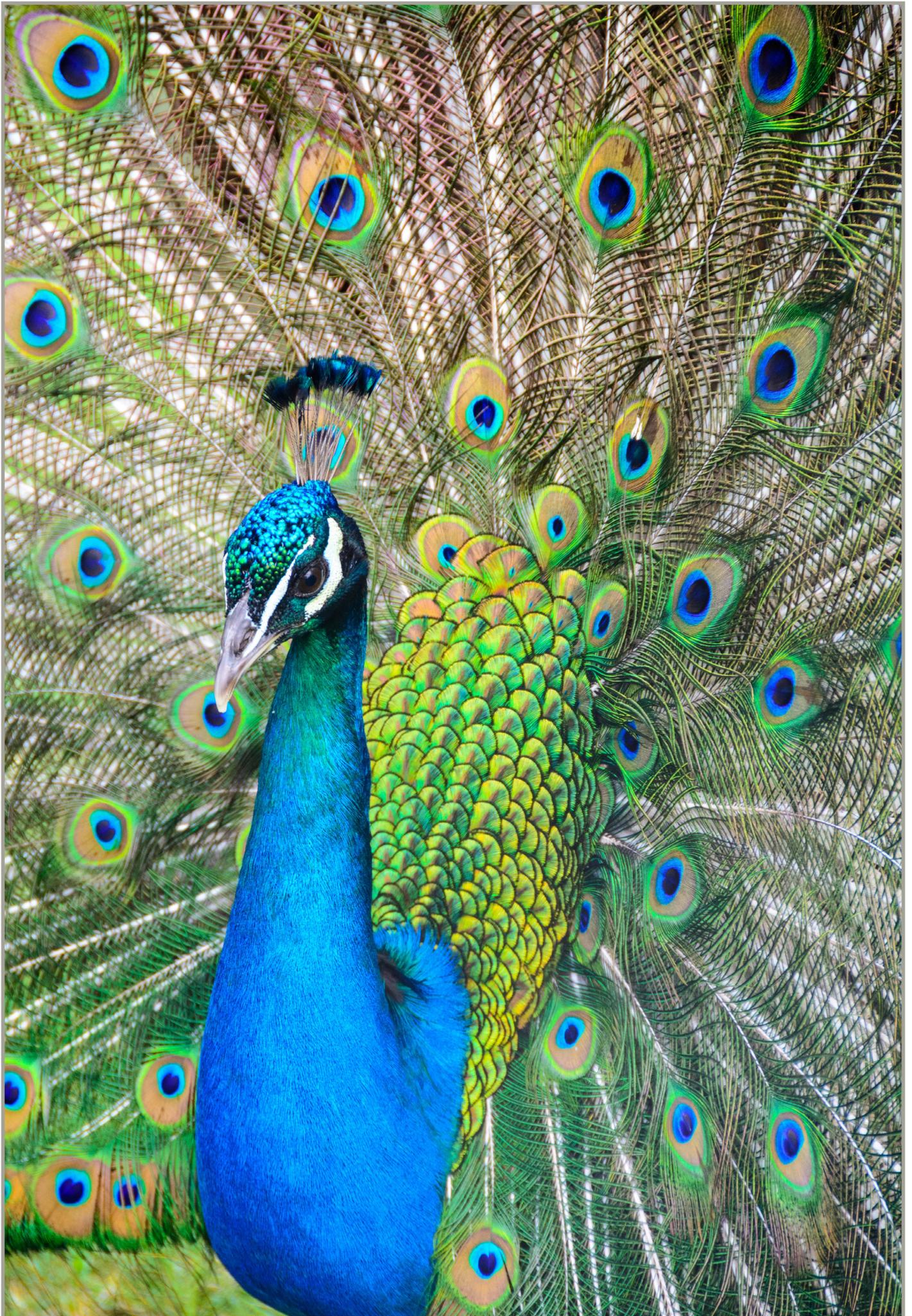
All this comes at a very low running cost. The maximum energy you are likely to spend on heating per year in a Passive House is 15 kWh per square meter conditioned floor area. Many Passive Houses require less, but let's use the maximum allowed for an example. Assuming you have 100 sqm of living space to heat, this will amount to 1,500 kWh per year at the most. Multiply with the cost of the energy form you use to heat your home, for example about 30 cents for electricity, and you have your annual heating bill. But wait, there is more: if you heat with a small heat pump with a seasonal performance factor of 3, your bill will be only a third of that again.

The Passive House standard can and has been applied to all buildings that accommodate people: apartments, offices, schools, universities, leisure centres, museums, hospitals and prisons have been certified already.

**You can find out more on the Passive Housing Institute New Zealand website:**  
[www.passivehouse.nz](http://www.passivehouse.nz)

*(Information and images provided by Passive Housing Institute NZ - a charity run by a small group of volunteers to educate and advocate for energy efficient buildings in Aotearoa to improve the comfort and wellbeing of people).*







# SPIRITUAL GROWTH

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# Energetic Forecast

With Psychic Suzanne

## AUGUST 2019

August 2019 represents the turnaround of the heavy, difficult energies we have been encountering for the last 3 months. The 20th July was the cusp of the turnaround -- a time for letting go of the old and making way for the new; a time of new beginnings. And it started with rest and recuperation. This is the principle of hibernation, allowing energy to renew itself and be strengthened by rest, ready for the new momentum.

August is a brighter, lighter, and more hopeful month with so much fresh inspiration to offer. If we can open our hearts, open our minds, and just allow the Universe to work its magic, we will be able to access so much abundance this month!

The first dose of new beginnings and fresh opportunities comes as we enter the month with the Leo Black Super New Moon on the 1st August and Mercury moving direct shortly after on the 2nd August,

Both of these cosmic events will help to relieve some tensions that may have been bubbling through the month of July. With the new moon, we can look at manifesting things for ourselves along the lines of what this proud zodiac sign represents – such as more creativity, greater self-expression, building our self-belief and stepping into more of a leadership role in our lives.

Mercury going direct will also help communication efforts to feel a little smoother and may reveal some important information so you can make more confident and informed decisions moving forward.

Following this, we have the Lionsgate Portal which peaks on August 8th. The Lionsgate

Portal is activated every year on August 8th when the Sun, Sirius, and the Earth move to specific points in the sky. This 8/8 energy is going to be helping us to tune in to higher frequency energies which are important in activating our psychic development. Messages will also be easier to access from our guides, the angels and our loved ones.

On August 15, we have the Aquarius Full Moon, which carries a theme of independence and where we need to be more open when it comes to asking for help. However, this full moon carries a much lighter and brighter energy than what we experienced in July.

On August 23rd, we say goodbye to Leo Season and move into Virgo Season. This is a Season for health, for healing, and for reflection, it is a season to focus on creating a routine that is both productive and rooted in self-care. We will also feel motivated to ground our energy and to spend time connecting with Mother Nature.

Finally, the month wraps up the way it began, with another New Moon, this time in the sign of Virgo on the 30th August. This new moon is another reminder that it's time to focus on the vibrant new energy that the Universe is delivering to us all.

**Suzanne**  
*Psychic Suzanne*





# Divine Guidance

With Psychic Suzanne

## WHAT ENERGY VORTEX ARE YOU IN?

There are many energy vortexes that we can potentially be in. An energy vortex is a tunnel, a portal or a pillar of energy and they are everywhere. You can transverse from one energy vortex to another or you can choose to stay where you are. This sounds very simplistic but if you can see or feel what energy you are currently attracting then that is the vortex of energy that you will be in.

So, let's say you have had a big argument with someone and you are feeling pretty stink. How are you feeling? agitated? angry? Have negative thoughts? Then that is the energy that you are attracting and yes you will be in that energy vortex at that time.

You then must be aware that you can attract more of that type of energy unless you take measures to change where you are. If you are feeling joyful, loving and thankful then that is the energy that you are in and attracting and of course you will be feeling great and on top of things. So how do you get out of this energy portal and move into something more positive?

The first thing you must do is *acknowledge* how you are feeling and what energy you are attracting. Decide how you want to feel and what energy do you want to attract to make you feel more positive.

Close your eyes and take a few deep breaths and centre yourself by looking into your heart. See a beam of pure white light pouring in through your crown chakra then moving down through your chakras and anchoring in the ground. This grounds you! Ask the Archangels to help you to move energy vortexes. They all work and are aligned to an energy vortex. See the energy

vortex that you want to be in above you and spinning into your crown chakra, down through your body, filling up every cell and space in your physical, ethereal and energetic being. You are now in that energy vortex.

### How the Archangels can help you

If you are feeling negative and victimised then call upon Archangel Michael to clear all negativity and fear based energies from your physical body and aura.

If you are wanting to attract and be in a vortex of love call upon Archangel Raphael.

If you feel stuck you can call upon Archangel Chamuel to align you to what you are seeking, including your life purpose, partnership and romance

If you want to move away from arguments, call upon Archangel Raguel to bring peace and harmony to your relationships.

If you want to feel beautiful inside and out, beautify your home and thoughts, then call upon Archangel Jophiel.

If you are wanting emotional well-being and to clarify your thoughts, then call upon Archangel Uriel.

If you are wanting to manifest something to happen in your life then call upon Jesus or Archangel Michael.

So, what energy vortex are you in now?

**Suzanne**  
Psychic Suzanne



# Spiritual Development

With Renae Bailey

## GROUNDING

When we are experiencing times of physical or emotional stress, instability and intense energy, it's extremely beneficial to our wellbeing if we can take time out to ground our energy.

We are in need of grounding if we:

- ★ keep feeling spaced out
- ★ have scattered thoughts
- ★ trouble making decisions
- ★ we are not able to focus.

When we are grounded:

- ★ We are able to stay focused
- ★ We are able to be in the now
- ★ We feel clear and feel strong to take on what ever is thrown our way
- ★ It's easier to stay calm and respond (instead of react) to situations

As you can see, it is beneficial for grounding to become a part of our self-care routine. Some of the ways you can become grounded are:

**Getting out in nature** - get out for a walk where you can be immersed in nature. Walk on the beach, visit a local park or gardens, explore a forest, or lay in the backyard watching the clouds. Be still and let your senses and soul be refreshed.

**Walk barefoot on the earth** - Take off your shoes and reconnect with Mother Earth. Feel the earth with your bare skin.

**Carry or wear Crystals** - Black Tourmaline, Smoky Quartz, Jasper, Hematite, Black Onyx, Tiger's Eye, Black Obsidian are all great crystals for grounding. Remember to cleanse them regularly.

**Baths, Showers, or Swimming** - Water is brilliant for cleansing and grounding energy. Adding Epsom salts to a bath adds to this. Swim in the

ocean and let the salt water work it's magic (it's a great cleanser of negative energy). Stand in the shower and let the water wash away the negativity while you cleanse and ground.

**Nourishing Food** - Back to basics. Nourish the body with fresh vegetable and fruit. Make a hearty soup that includes grounding root vegetables, and warming spices. Ensure you are well hydrated, drink plenty of water.

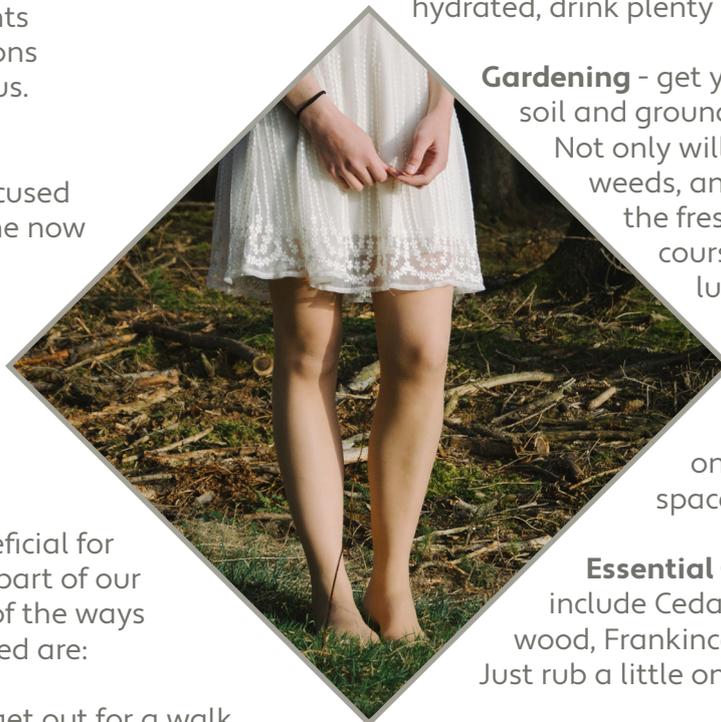
**Gardening** - get your hands deep in the soil and ground your excess energy. Not only will you ground as you pull weeds, and add some exercise in the fresh air, but the bonus of course is beautiful flowers, lush plants or fresh organic produce to nourish your soul. If you aren't able to have a garden, you can grow herbs on the windowsill, or fill space with indoor plants.

**Essential Oils** - Grounding oils include Cedarwood, Vetiver, Sandalwood, Frankincense, Myrrh, Patchouli. Just rub a little on the soles of your feet.

**Reiki or Massage** - Touch is vitally important for our bodies to heal and for our souls to feel nurtured. Both Reiki and Massage serve to bring deep relaxation, quieting the mind, bringing us from our head back into our heart space. Reiki is amazing for shifting lingering negativity so we can feel balanced, calm and clear.

**Yoga or Meditation** - By calming our mind, body and focusing on our breath, we can bring ourselves back to our centre and clear away the excess chatter in our minds that can prevent us from being fully present. This can bring the clarity and grounding we need to refocus ourselves emotionally, physically and spiritually.

**Renae Bailey**  
*Healing with Renae*





# Spiritual Health

With Guest **Amanda Linette Meder**

## HOW THE MENSTRUAL CYCLE CHANGES AS SPIRITUAL GIFTS INCREASE

When your spiritual gifts open, along with everything else that happens, you become naturally more in tune with the rhythms and cycles of the Universe. You become more connected to Mother Earth, operate more in alignment to the circadian rhythms, and you become more sensitive to the energy of those around you and of those in your environment.

With a spiritual awakening, many things can happen... You find yourself living differently, associating with different people, eating different foods, going to different places, and maybe you even leave your old job to start a new one.

And, if you've gone off hormonal birth control, the natural rhythm of your monthly menstrual cycle can begin to change, too. Your period may start syncing itself to the moon cycle. Either reverting or progressing in days or length, to match itself and align with a cycle of the moon.

The average monthly cycle is between 21 to 35 days and the average lunar month is 29.53 days, so this isn't too much of a jump to imagine, but noticeable if you're paying attention.

If left untouched, your monthly cycle will naturally come and go in an episodic nature, and as you spiritually grow, your cycle further syncs itself to become more connected to the Earth's cycle.

### **You can help to facilitate this process by:**

- ★ Spending more time in nature
- ★ Taking yourself off hormonal birth control
- ★ Listening to body balancing meditations
- ★ Paying more attention to your moon cycles

Even today, with all the environmental toxins, the artificial lighting, and the cycle shifting birth control pills out there, studies continue to show an increase in ovulation rates around the time of the full moon and an increase in menstruation rates around the time of the moon.

**There are two types of 'moon-synced' cycles, both serving different purposes for the seasons of a woman's life:**

### The Red Moon Cycle

Bleeding with the full moon and ovulating on the new moon. *The body is fertile when the moon is dark.* The Red Moon Cycle is typically associated with women who are using their feminine energy in a creatrix-like fashion. Usually, you'll sync this way if they are focusing on working with your gifts to create magic, instead of creating babies.

### The White Moon Cycle

Ovulating with the full moon and bleeding on the new moon. *The body is fertile when the moon is at it's brightest.* The White Moon Cycle is typically associated with women in their childbearing years, women who are having or wanting to have children, or women who already have children.

*If you are trying for children, your body may naturally sync you to the White Moon Cycle. In contrast, if you are waiting to have kids in favor of pursuing creative or business endeavors, you may find yourself syncing to the Red Moon Cycle instead.*

As you might imagine, the cycle your body aligns with (the Red or White) will change throughout your lifetime as you move through various phases. *Think of it like a pendulum swinging back and forth.*

Pay attention to the connection you have to your flow this month, so you can manage boundaries more easily for the month, schedule appointments at times when you know you'll be most alert, and adapt your rest times, for when you know you'll need them most.

**Amanda Linette Meder**

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

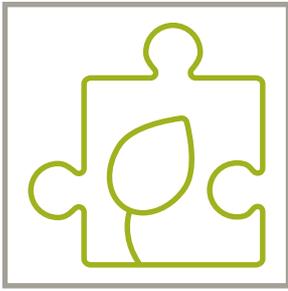
*(Adapted from original post November 20, 2016)*





# HEALTH & WELLBEING

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# My Journey So Far

Q + A With Guest **Judene Edgar**

## Tell us a little bit about yourself

Born and raised in Nelson, I lived away for 18 years before shifting back in 1999. Since then my life has revolved around being a councillor, volunteer, fundraiser, community development advisor, wife, mother of two boys, and occasional performer. Oh yeah, and I'm a feminist. This is not a negative term; it does not demean or degrade others. It's a powerful, positive term that has at its core equality, and we need to reclaim it.

## Describe the experiences that have shaped your journey

My heroes growing up were Wonder Woman, Batman and Charlie's Angels. But it wasn't their ability to bam, sock and kapow that got my attention, rather that they fought for what was right.

I knew what I needed to do. It was simple. I needed to save the world!

However, my path to saving the world, as you can well imagine, hasn't been exactly straight forward, and is also, as you'd suspect, still very much a work in progress!

Nonetheless, like my heroes, I have fought where I saw injustice and tried to make a difference. At University in Australia I fought for aboriginal rights, rallied against white supremacists, and occupied buildings during fee protests. And even when I shifted back to Nelson, I helped organise the 606 Shoes for Suicide protest, stood in solidarity with refugees and the Muslim community at vigils, and fought alongside the Waimea Village residents who were being exploited and bullied.

*PS. I do have different heroes now!*

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

Over the past year I have lost 40kg, so naturally most people would assume that this would be

my life-changing story. However, as much as this has changed my physical form, the thing that has really shaped me as a person is volunteering.

Building houses in Nepal, helping organise Fringe Arts Festivals, speaking at International Women's Day events, raising funds for the Nelson Women's Centre, taking part in a Deaf Awareness campaign, or teaching HIV education in South Africa ... these are the things that have enriched my life.



While volunteering on a medical outreach programme in South Africa, we were called to help a 22-year-old mother of two. She was feverish and frothing at the mouth when we arrived. I carried her to the car and cradled her in my arms, but unfortunately she died of meningitis shortly after arriving at the medical centre. But to her grandmother, who she lived with, I had given her the gift of not seeing her granddaughter die at home, and her not dying in

front of her children.

The lesson was, the power of making a difference is not just in the big, "successful" and very obvious things we do, but also in the smallest gestures of caring and kindness that we make. It reminded me that to wave hello to an elderly neighbour, a kind word, a friendly gesture, showing your heart and humanity every day, are critical parts of making our community a better place.

## Tips or advice for others on their journey

We all want to make a difference and we all can. Some will lead a country or run for their local council, others will volunteer for their local school or a community group, but others still will cook a meal for a sick friend, pass second hand clothes to families in need, or collect the mail for a neighbour. Never forget, it all makes a difference.



# A Balanced Life

With Sarah Jensen

## WHAT'S THE DEAL WITH DAY JOB SHAME?

I've observed an interesting phenomenon creeping into the online & entrepreneurial world over the last few years; day job shame.

The message we're receiving is if you've been in business for a year or more and you're not full time, or making that magic six figure income, then you're doing something wrong. But it's just not true.

So many people out there are hustling (with a tonne of heart) to build a beautiful business around life, family, and full-time, part-time, or even multiple jobs to make ends meet.

Having bought into the stress and self-judgment of that myself over the years (and it sure ain't fun), I reckon it's time we choose a new beat to groove to; one that feels good and supports us in really positive ways as we grow our business (instead of pushing so hard we burn out or lose our passion - blerch!).

So if you're balancing a day job with building your business, here's some fresh perspective that might help you calm your farm and feel more content with where you're at (it definitely helped me).

Next time your day job feels like a total drag and a waste of your time (I mean c'mon, I COULD be creating a game-changing sales funnel, or painstakingly curating the perfect flat-lay for my Instagram feed, or scheduling my entire life in a planning app right now!), try this instead..

**Take a minute** to appreciate the little luxuries a day job can afford; luxuries like taking the slow burn approach to business building, or having cash to invest in tech, tools, teachers or cheerleaders to help you enjoy the creative process (rather than just live for the day the dollars roll in).

**Tap into the freedom** your day job affords you. For example, when you're not putting pressure on your business to make bank or pay the rent, you get a whole lot more choice about what you do, what you create, who you work with and what you say yes (or no) to.

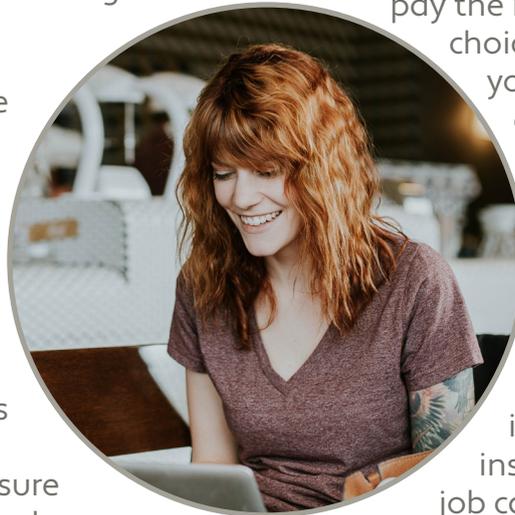
If you find day job shame sneaking up on you, tell it to take a hike and think about all of the positive things your day job brings into your life and business instead. Because having a day job can help make the process of building your business more enjoyable, mean you're not singing for your supper or hustling for clients 24/7, and allows you to do business in a more intentional, sustainable and totally YOU way.

And that sounds pretty awesome to me.

How about you?

**Sarah**

*Sarah Jensen (Australia)*





# Mindset Matters

With Angela Cheruseo

## 3 QUESTIONS TO HELP YOU SAVE MONEY

Just 22% of us have six months of expenses saved while nearly 30% have no emergency savings at all, according to post sometime last year from NZIER. That's surprising because "spending less and saving more" have ranked in the top 5 list of most popular resolutions in the last three years.

Clearly, we want to increase our savings but feel like we can't. Maybe you can relate. Your income is tied up in bills, insurance, and day-to-day expenses. And you wonder, How am I supposed to save on top of all that?

Even if it feels like you don't have any cash to spare, you can save more this year. Find out how with these three simple questions: You just need to be determined and disciplined, plus get on with it and stop procrastinating. There isn't any magic wand that will sort out your finances, get you saving more or get that debt down faster.

### 1. WHAT ARE MY SAVING PRIORITIES?

Successful goals start with a plan. Determine what you're saving for before you do anything else. Here are some savings priorities to cover first:

**1. Emergency Fund.** Start by getting \$1,000 in the bank. Then get rid of all your debts. After that, bulk up your emergency savings to three to six months' worth of expenses. This should protect you in the event of a job loss, death in the family or your washing machine breaking down.

**2. Deposit for a House.** After you've fully stocked your emergency fund, you may be ready for a place to call home. (If you're already a proud homeowner, skip this step and go straight to retirement savings.)

**3. Retirement** to begin to invest at least 10% of

your household income in good growth-stock mutual funds, gold /silver, maybe an investment property or Kiwisaver. You decide what suits you, speak to someone experienced and doing well in one of these areas themselves.

### 2. WHAT ELSE DO I WANT TO SAVE FOR?

Sooner or later, you'll have some other savings goals to meet. If you have a child from college in a few years, you may want to bulk up their college fund. If your decades-old car is about to start costing you money, it's time to think about a replacement. Save for the following purchases as they make sense for you:

- Kids' University
- Car Replacement
- Christmas
- Vacations



### 3. WHERE DO I FIND THE MONEY?

Now that you've decided what you're saving for, it's high time the Savings Fairy dropped in for a visit, right? The hard truth is she isn't coming. You have to save this money—no one else can do it for you. But that's okay because you've got this!

**Make a budget.** First, figure out where all your money is going. Create a monthly budget so you can better understand your monthly income and expenses.

**Pay yourself first.** After you get paid, put the amount you want to save in a separate account (or retirement vehicle) and don't touch it! Do this before you assign yourself that restaurant money or getting your nails done.

**Trim your budget.** Replace a few meals out with some Crockpot recipes, buy generic paper products, and shop used. There are plenty of simple ways to save on the day-to-day. Never go to the supermarket without a list and only go once a week.

**Sell items you no longer need.** We all have closets (or entire attics!) full of forgotten snow

boots, sunglasses, clothes, toys, and electronics. Here's a good rule of thumb: If you haven't seen it—or missed it—in a year, get rid of it. A good way to cash in your clutter is to have a garage sale or give it to a local clothes stall where you will get some money in return

**Turn your hobby into income.** Be it photography, jewellery making, art, you will be surprised what people will buy and it all helps, plus you never know where it may lead.

**Consider renting out a room.** Kids have left home, get in a student or border.

**Try a temporary spending freeze.** Give yourself a quick win via a short-term spending freeze. Rather than eating out or buying new clothes, direct all that money toward your savings goal. This is a great way to save for Christmas gifts or vacation cash.

*When you make a budget, you know exactly where your money is going each month.*

Finally! It gives you freedom, as you know where your money is going and exactly what you have to spend on yourself with no guilt attached to it. That means you can direct more of it toward whatever you want—including your savings account. The key to saving more money this year is you!

## Angela

Angela Cheruseo NZ

*(Original Blog Posted by Angela Cheruseo  
15th July 2016)*





# The Women's Panel

Health & Wellbeing  
For Women by Women

**DO YOU HAVE ANY REGULAR SELF-CARE PRACTICES?**  
(ways that you take care of your mind, body and soul)



## Angelika Barnes Caslavska

Yes I do. I live very holistically. By feeding my body, my mind and my soul with lovely things, I contribute actively to my good health.

### This is what I do:

Before I get out of bed in the morning I consciously breathe into my physical and emotional body and observe my fleeting thoughts. Deep breathing helps me to release any tension. At least once a day I get outside for a walk or a bike ride of varying length and degree of exertion, no matter what the weather is doing. I also practice Yoga Nidra e.g. in between client appointments to ground and refresh myself. Reading uplifting books and articles and connecting with good-natured friends and family are also part of my self-care regime.

### My tips:

- ★ Trial different ways of self-care and find the right fit for you
- ★ A walk through the woods or by the sea acts like medicine
- ★ Check-in with yourself whether all private and work relationships still serve you and take action if they don't



### **Becky Siame**

For me, self care is looking after myself – body, mind and soul. Aside from going to bed at a reasonable hour every night, and filling my tank with good healthy food the other way I fill myself up is through my connections and relationships with positive & supportive people. My tribe is very important to me whether it's my group of girlfriends that I meet with weekly or my church home group. My spiritual beliefs are also a huge part of my life and help me to keep it real knowing that I am loved warts and all and am ok just as I am.

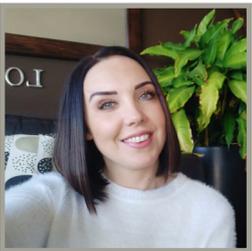


### **Caron Proctor**

I am all about mixing it up, so here's a few things that I do:

- ★ Meditate, I meditate a lot, like 2 hrs a day easily.
- ★ Long baths, body brushing, long walks, I write, read and go to bed whenever I please.
- ★ I diffuse a lot of yummy oils and I spend time with people I adore.

Choose whatever makes you feel the way you want to feel, I love to feel peaceful and empowered, so I choose loads of slowing down of the mind. Then you find the space to connect with your inner world.



### **Joleen Reynolds**

My self care rituals are solid! It is high on my importance list for feeling grounded and balanced but also energised. My favourites are: meditation, epsom salt baths, journaling, beach/nature walks, cooking nutritious food, drinking herbal tea and creating space in my schedule to recharge.

*Meditation is a practice and its definitely not a one size fits all. Try and try again till you find something you like. If you're new to meditation, start with a short guided one. You can find heaps online.*

- ★ Take yourself on a date! One of my favourite things to do is head to my favourite café or lunch spot with my journal for some writing over coffee.
- ★ Create sacred space at home – I love cleansing my space with Palo Santo, diffusing essential oils, lighting a candle and listening to music with a face or hair mask on.
- ★ Take a walk in nature or bare foot along the beach – this helps connect us to the earth and ground ourselves.
- ★ Get adequate sleep for your body – everyone is different in how much sleep they need or function best on. Take short naps if you need too.



### **Judene Edgar**

The most important (and regular) thing that I do is to start each day with a half hour walk. Actually, half an hour Monday to Friday and about 1 ½ hours on Saturday and Sunday. It's not only good for the body but great for the mind and soul. It's like an oasis in the midst of the busyness of my day and the city – a time to think uninterrupted by technology, and appreciate the little things along the way like the leaves on the trees or the family of pukekos having breakfast.

- ★ Find a physical activity that you enjoy, be it walking, dancing, yoga, biking.
- ★ Take a little bit of time out each day, without interruptions, to clear your head.
- ★ Try to find a least one positive in each day to appreciate.



# The Men's Panel

Health & Wellbeing  
For Men by Men

**IN THIS BUSY WORLD, HOW DO YOU BALANCE LIFE, WORK & OTHER DEMANDS ON YOUR TIME + recharge your energy and brain (do you have a man cave?)...**



## John Cohen-Du Four

I often wait until I sense the time is right for me to act on things. If I don't need to force myself to do something in a time frame that suits someone else better than me, I find the reduced pressure really helps me stay in balance. And then, when I do feel ready to 'do', the end result invariably happens much more easily and turns out better than if I ignore my own knowing. That said, work can have its own deadlines, but even within these one can stay as true to themselves, their personal timetable, as possible. My go-to equivalent of a man cave is my music room - whenever I sit at the piano, even if it's just for a few minutes in the busiest, most taxing of days, I feel soothed and replenished. In fact, anything I do involving me being creative is life-affirming and energising. Getting enough exercise (walking and swimming are great) and a decent amount of sleep would be my other top tips for anyone (in particular, me - oy, John, listen up dude!).



### Gareth Edwards

I do have a man cave and it's an absolute refuge for me. I'm self-employed so it helps to have a space away from the family home. But more than that, my man cave is a musical man cave with all my instruments and recording gear. So it's a very playful place, which is important for me. The work I do can be quite demanding and I'm often in responsible roles. So being able to connect with my less serious side is a great release and counter-balance to that. I'm also quite an active relaxer, so having projects gives me a way to unwind whilst still feeling like I'm 'doing something'. I find as adults we often lose touch with our creative sides and men can especially get turned off from the arts. So if there was something you loved doing as a kid like drawing, music, singing or acting, find small ways you can reconnect with that. And start off by doing it just because you love doing it rather than making it about succeeding at something. Find time for what you love and I find you can cope with most things!



### James Kane

Because of my busy schedule I do not necessarily have the time to 'do nothing' so instead I focus on changing pace. For example, after a hectic morning of dealing with difficult people, power outages and the internet going down (people panic when there is no internet) I might spend an hour in the early afternoon planning a mural or redesigning a space within the hostel which lets me get creative, gives my mind a rest and helps me to re-energise. By changing pace often, you can keep going without burning out.



### Josh Ryan

I tend to balance a busy life by doing plenty of things I enjoy. I work a lot of hours but at the same time I do enjoy it and business itself. I play a lot of sport, which is my release from a busy day, as I do around 2 hours a day of some sort of sport or exercise almost every day which is mostly after work, so a great way to unwind for me. I've also recently stopped using my phone an hour before and after sleep which has been really good for me both with getting more out of my day and being more relaxed.



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# Nourished by Nature

With Charley Ainscough

## FOR THE LOVE OF LEGUMES

What are legumes? According to my research the definition of Legume is : *The fruit or seed of plants of the legume family, such as peas or beans.*

The legume definition encompasses the fruit or seed of any plant in the family Fabaceae. This makes it a little tricky to define, as the family of plants includes a whopping 19,500 different species.

Some of the most common varieties of Legumes include:

- Kidney beans
- Peas
- Soya Beans
- Green beans
- Lentils
- Chickpeas
- Alfalfa

Legumes have been a dietary staple in many countries all around the world for millions of years. Legumes are affordable, easy to prepare and are packed full of nutrients.

Legumes are a staple part of your diet when you are vegan or vegetarian.

Legumes have many health benefits and are a wonderful way to boost your health and wellness from the inside out.

Legumes are very high in protein, which makes for a great alternative to meat.

Protein is vital part of our diet and critical to cellular function and muscle growth. Having enough protein by eating legumes will naturally make you feel fuller for longer, increas-

ing your metabolism and the amount of calories you burn after a meal. Including just one serving of legumes a day is an excellent way to help meet your protein needs.

Legumes are also packed full of fiber. We need plenty of fiber in our diets to help us to be regular, and eating a diet rich in legumes and fresh fruits and vegetables will ease any discomfort from constipation.

Legumes eaten regularly will also stabilize your blood sugars, so you don't get that need for a sugar hit are packed full of vitamins and minerals. Legumes are high in micronutrients like folate, iron, magnesium and potassium.

I love to add dried red lentils to soups and curry as they naturally thicken up the dish you are preparing and add a natural protein hit to.



Chickpeas are another firm favorite for me. You can buy chickpeas dried but they must be soaked overnight in a large bowl of fresh water before being prepared. There are also a large variety of canned chickpeas in the supermarket.

Do check out the organic range of any legumes as they are often just a little bit more expensive and a delight to think they have been produced organically which your body will love you for.

**Charley Ainscough**  
*Charley Chop Chop*

## Winter Vegetable & Red Lentil Soup

*Soup is a perfect meal to easily enhance your vegetable content in one sitting.*



*Soup is always better eaten the next day, when the flavours have had a chance to infuse.*

### You will need:

85g of dried red lentils  
2 large carrots peeled and diced  
1 leek diced  
3 sticks of celery peeled and diced  
2 tablespoons of tomato puree  
3 garlic cloves, crushed or diced  
A handful of chopped fresh parsley  
2 vegetable stock cubes.  
The zest of 1 lemon  
1 heaped teaspoon of ground coriander

### How to:

Tip all of the ingredients into a large pot  
Pop the vegetable stock cubes into a measuring jug, cover with 1.5 litres of boiling water, stir well.  
Pour over the ingredients.  
Simmer gently for 30 minutes. Check the seasoning and change accordingly.  
Ladle into bowls and eat straightaway.

## Home Made Falafel

*A perfect way to naturally add protein to your diet without having to eat meat.*



*These falafel can be made into a burger size patty or smaller one's which would be delicious served with salad in a warmed pitta bread.*

### You will need:

1 cup of dried chickpeas soaked overnight in a bowl filled with lots of fresh water  
Juice and rind of 1 lemon  
2 cloves of garlic – peeled  
2 teaspoons of cumin seeds  
2 teaspoons of ground coriander  
A good handful of fresh coriander  
A splash of olive oil  
A good grind of salt and cracked black pepper  
Rice flour to bind

### How to

Add all the ingredients into your food processor and blend until smooth  
Tip the mixture into a bowl  
Add enough rice flour to thicken the mix  
Form into whatever size patty's you like  
Add some rice bran oil to a pan. Once hot add the falafel and fry for 5 minutes each side on a low heat until crispy and golden.

## Beetroot & Cardamom Hummus

*Hummus is a delicious dip to have on hand for healthy snacking at any time.*



*Dipping into your hummus with a carrot or celery stick will add to your daily vegetable intake and ease the gluten intake from bread or crackers.*

### You will need:

1 can of chickpeas rinsed and drained  
2 garlic cloves peeled  
The juice of half a lemon  
3 beetroot – whole canned beetroot are fine to use, or 1 medium sized fresh beetroot peeled and grated  
1 teaspoon of cardamom  
3 tablespoons of olive oil  
A good grind of salt and pepper

### How to:

Add all the ingredients into your food processor.  
Blend until smooth.  
Check the seasoning and change accordingly  
This hummus will last in a sealed container in your fridge for 5 days.



# Living Naturally

With Noreen Macdonald

## FAMILY WINTER WELLNESS

The bugs are hitting hard this time of the year, however if you have a strong immune system, then it naturally fights off these bugs and you stay well.

Our medical system is aimed at symptomatic treatment, not wellness. The common picture I see is that people wait until they are sick, visit the doctor, get a prescription for antibiotics and repeat this process many times throughout the year.

The key for your family's health during winter is to build immunity. Antibiotics are only effective for bacteria, they do not have any effect on viruses. Antibiotics kill good bacteria as well as bad, so they have a big effect on the health of your gut microbiome (the vast ecosystem of microbes that help us to control our weight, fight infection, regulate our sleep and so much more).

If you do take antibiotics then it is really important to re-introduce the good bacteria into your gut in the form of a good probiotic and fermented foods high in probiotic bacteria.

### BUILDING FAMILY IMMUNITY

#### 1. Cut out the crap

I realize this is easier said than done in many families, however if you find yourself opening lots of packets in your meal preparation or eating take away a lot, then it might be time to start cutting out the crap.

In my experience the worst foods are processed foods high in gluten, processed dairy and sugar.

#### How?

You can make simple choices in the family, such as choosing gluten free pasta, rice noodles, rice crackers instead of wheat, which is in so many packaged foods these days.

Dairy alternatives include nut milks or soy (GM free and organic), cashew cheese, using nutritional yeast to give a cheese flavor or even making more meals that don't call for the use of a lot of cheese.

For example instead of Weet Bix with milk for your kids breakfast, how about exploring chia puddings with almond milk, home made muesli with coconut yoghurt and fruit.

Let the internet be your best friend and look up new recipes that are nutritious for your kids.



Cooking without refined sugar includes using coconut sugar, rapadura sugar, honey and maple syrup. Again, there are loads of recipes out there for you to explore.

In our family, we are not gluten intolerant so we use Spelt, an ancient grain and that is more nutritious and digestible than wheat. We make sourdough bread and use spelt flour to make homemade pizza bases, scones, biscuits, muffins and more.

#### 2. Eat more real food

Whole foods are foods that are as close to their original form as possible. They are fresh fruits, vegetable, whole grains, nuts, seeds, beans/legumes and herbs. Whole foods contain a huge amount of nutrition that your body needs to boost your immunity. If you can eat a rainbow of foods you know that you are getting a huge variety of plant nutrients essential for your health.

#### How?

Shop at the farmers markets and sneak vegetables in to as many meals as possible for your kids – bolognaise sauce, frittatas, stews, soups, curries and super smoothies.

#### 3. Supplements

There is no doubt that most kids just don't get enough fruits and vegetables into their diet (even when you sneak them in). I believe that the

best way to supplement is through concentrated whole food supplements, rather than isolated vitamins and minerals.

Nature holds the key and there are many products out there that can help to get more nutrition from fruits and vegetables into your little one's.

#### **4. Herbal remedies**

There are many herbs that help to improve immunity and don't have the side effects of antibiotics.

#### **5. Essential Oils**

You must choose 100% essential oils to be effective in boosting immunity. You can apply them to your child's feet (which stimulates all the reflexology points) or vaporize them. This is what I reach for first if I notice a sniffle - Lemon, Tea Tree, Eucalyptus, Copaiba, Frankincense, and Oregano.

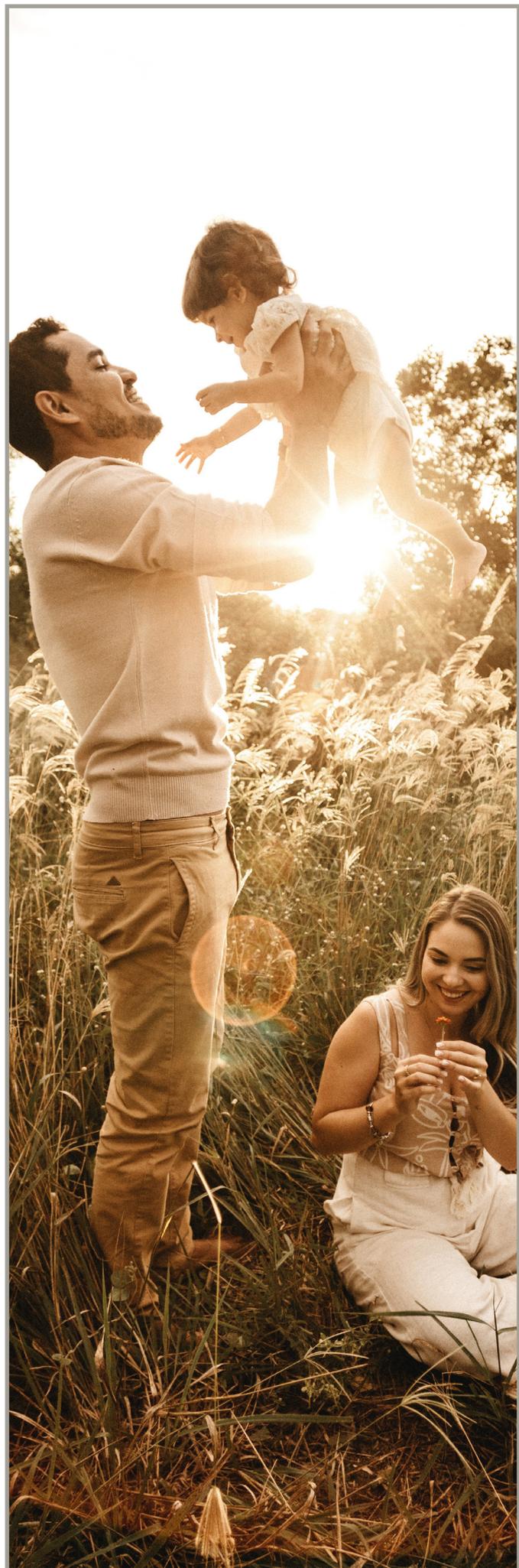
#### **6. The Essentials**

These are the things that your child just can't do without - lots of:

- ★ filtered water
- ★ good sleep
- ★ loads of cuddles and love
- ★ time outside in the fresh air
- ★ exercise
- ★ screen free time.

**Noreen Macdonald**

*The Choice Lifestyle*





# Living Well

With Amanda Sears

## REALIGNING WITH YOUR SELF

I used to want to DO and BE EVERYTHING for EVERYONE - I worked hard at my jobs and approached them like they were my own business. I gave as much of myself to many people in as many ways as I could to help them... It helped me grow and learn and care DEEPLY, but it also led to being taken advantage of, underappreciated, undervalued and overworked - and usually underpaid.

My giving my ALL to everyone else and filling my days with passion projects to help others meant I rarely had time for myself anymore... no gardening, no drawing, no baking and often feeling guilty when I did take a breather to read a book or watch a movie.

I am learning now that we sometimes have to be what we are NOT, so that we know who we ARE and who we want to BE - this gives us the determination and drive to create positive change in our lives - to find innovative solutions to the work/life balance. I learned that I don't have to be EVERYTHING for EVERYONE but that I needed to be that for ME - so I started putting up healthy boundaries, valuing my time, respecting myself and caring for my Self - which in turn means I am able to even MORE in the long run for my Self and others - but in a healthy way.

This does mean some changes coming up to how I do business and what projects I will be continuing and which ones will be coming to a hold or end - but I am finally ok with that...

I am still a work in progress (as we all are), but I now notice when I am taking on too much - I breathe in the awareness of overwhelm and seek out ways to reduce this... and every time I push myself too far - give of my Self too much - forget to take care of my Self - I step back, meditate and reconnect to my Self, write some lists and take a breather.

## How I reconnect with my Self when life is overwhelming me:

- ★ Meditate (for as little as 10 minutes a day)
- ★ Sleep (I allow my Self to dream, rejuvenate and refresh)
- ★ Pray (All day every day I pray and thank God)
- ★ Garden (Usually barefoot, letting the mud squish between my toes)
- ★ Create Art (As a 'masterpiec'e or as a doodle/ scribble it doesn't matter)
- ★ Read (Uplifting, informational and inspiring fiction or non-fiction depending on the mood)
- ★ Watch (Uplifting and inspiring movies and documentaries)
- ★ Listen (to uplifting music from my playlists or CDs)
- ★ Escape (I leave the house, whether to drive or wander around... a change of scenery)
- ★ Nature (Spend time in nature at home or in our amazing scenic countryside)
- ★ Bake (I love making banana pikelets, 'healthy' doughnuts and cookies)
- ★ Visit (While I was sick I didn't venture out much, but now I LOVE visiting friends, if I can't visit someone, I will call my mum)



... However ... when the work, job, (parenting), housework still has to be done and I am tired ... I strip it all back to the basic foundations and rebuild it with a checklist of things that need doing in priority order and just work my way through at my own pace (and take regular fresh air, muddy feet, sunshine breaks).

Life is FUN and MAGICAL and when it doesn't feel like that, it is time to reconnect with God the Father, Mother Nature and your Self.

**\*\*When you think you have nothing left to give and your bucket is empty, give love and compassion - it is always in abundance for you and for every one\*\***

**Amanda Sears**  
*The Wellness Guide*



# Being Fit & Well

With Clare Scott

## WINTER SELF CARE

Winter is hibernation time in New Zealand. From May to August, we tend to stay indoors, trying to keep warm. We stop doing some of our normal evening activities because it's getting dark by 5:30 pm. On top of that, winter brings bugs, colds and flus that can wear us down and ruin a season that could be more enjoyable. This year the flu is particularly bad in Nelson. I grew up in a place where it is actually really cold in winter, getting down to -15 C even during the day. We had central heating, so that made it easier to stay warm indoors, but living through such cold winters taught me ways to make the freezing months more enjoyable.

### Nutrition

Staying healthy is the number one way to make winter less dreary. Taking a good multi vitamin and making sure you are eating lots of vegetables and fruit is an important place to start. Staying hydrated with mugs of herbal tea and soup keeps your body stronger and healthier to keep those winter bugs away. Stay away from the temptation to tuck into the microwaveable pies and instead seek out recipes for warming curries, hearty vegetable soups and satisfying casseroles full of free-range protein, legumes and winter veg.

### Exercise

We often stop exercising in winter, but if anything, winter is the most important time of year to get your body moving. Regular exercise (and it doesn't need to be extreme) like going for walks on the weekend, indoor yoga, biking to work, and simple home workouts strengthen your body and immune system and have the added benefit of giving your mental health a boost. Winter can get us down, the cold and overcast skies giving us a bad case of the blues. Exercising fights feeling sad and keeps our moods more stable.

### Hobbies

Another way to take care of your mental health in winter is to develop soul-satisfying indoor hobbies. The evenings can be long and it may feel like there's not much to do except watch TV. But winter is a great time to pick up a new indoor hobby, like painting, writing stories, playing the ukulele or getting good at chess. Finding something you enjoy doing in the evenings besides screen-watching will keep your mind engaged and your mood lifted. Find what makes you happy!



### Décor

Lastly, living in very cold weather taught me to make the most of the season. Changing your home décor to suit winter makes being stuck inside more enjoyable and makes your home feel like a cosier place to hunker down. Where I grew up in the Northern Hemisphere, Christmas is winter, which means lights on the tree, fairy lights in the bedrooms, yummy scented candles, hot apple cider and mulled wine. Christmas may be in summer here in New Zealand, but why not take these winter-warming tricks to make your home a brighter, warmer place in winter?

This winter make self-care a priority. Look after your body and your soul and get through the cold weather in style.

### Clare Scott

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# Healing Modalities

With Guest **Lori Anne Parker**

## REIKI & INTUITIVE ENERGY WORK WITH ANIMALS & HUMANS

I am a Reiki Master Practitioner with a focus on all animals and their human guardians. I have been practicing since 2015 and am passionate about being of service through this healing modality. I decided to learn more about Reiki after receiving a life-changing session with Renae Bailey. For me, it was about relaxing and allowing the natural healing process to unfold and trusting the intuitive messages coming through each client.

### How has this modality changed your life?

Receiving Reiki allowed me the opportunity to take an active role in my own health and wellbeing while also being of service within the community. I feel I have more clarity and calmness in my life after spending 30+ years in the 'business world.' Intuitive Energy Work and 'Being Reiki' has changed my life by helping me to be more present, focused, and to breathe with ease. I can now 'be the change I want to see in the world.'

### About this modality:

Reiki is the energy of life all around us and continually flowing through us. Reiki is not a religion nor is it based on creeds or beliefs contradictory to the Universal Laws of Love and Light. Reiki does not heal; therefore, I am a 'helper' or conduit of energy to help the client relax and just be in the present moment so that the energy may flow to where it is desired or required. I would describe it as a relaxation technique to help animals, or humans, out of the fight or flight state into a parasympathetic/relaxed state of

being – without expectations or attachment to the outcome. The giving of Reiki must be unconditional. The choice is up to the client. I learned from Renae Bailey & Sheila Kennard from 2015 through 2017 and feel truly blessed to have studied with these two amazing beings. I practice Self-Reiki every morning along with meditation and positive affirmations – a great way to begin the day!

### Thoughts on this modality in healing:

I feel that Reiki as a method for 'allowing' can be very beneficial to anyone who may be finding it difficult to relax so that their body can begin the self-healing process. I love to empower the receiver to take the next most appropriate step in their growth and development. I have personally benefited from receiving and sharing Reiki, and feel more alive and in control of my life and journey.



*Free your mind and your feet will follow – why not give it a try. You have nothing to lose and so much to gain.*

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

I feel that anyone and everyone could benefit from receiving a Reiki session – IF they have an open mind and heart, allowing the energy to flow and the process to unfold – without attachment to the outcome. Quite often I end up working with both the human and 'fur child.' No promises are made as it is entirely up to the client whether they receive the energy or not. Animals tend to be more open and accepting of Reiki and this is where my passion for animals really lights me up!

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

The following is printed on the back of my

business card and sums up my passion:

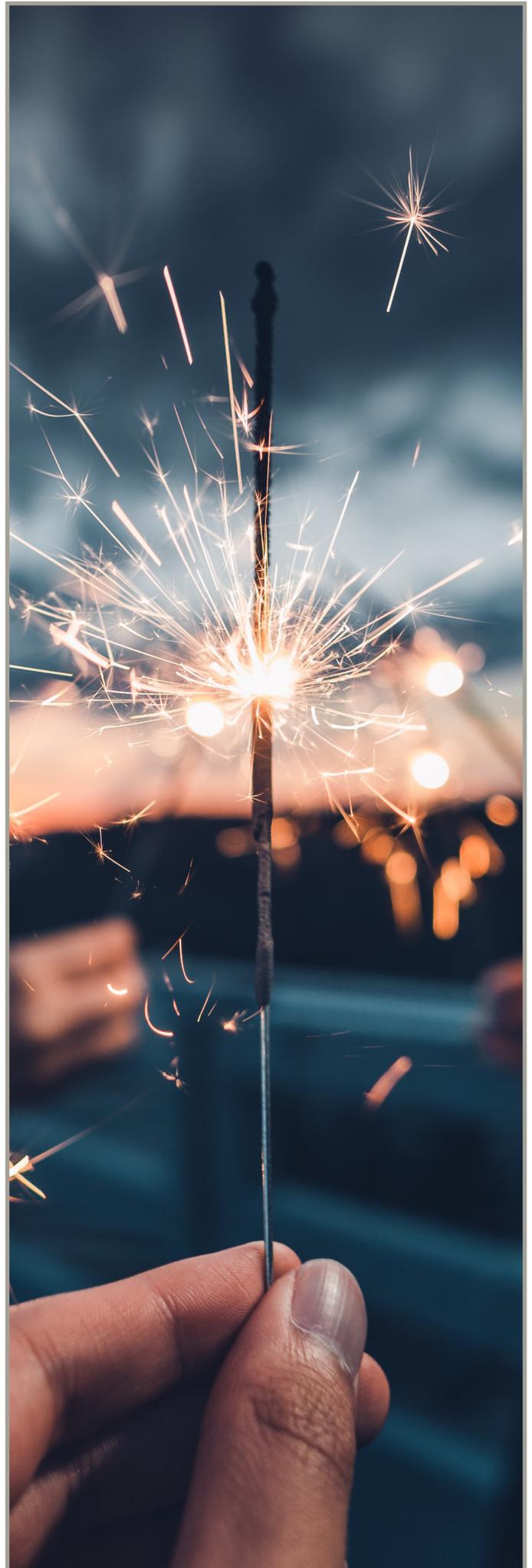
*“Until one has loved an animal, a part of one’s soul remains unawakened.”*

– Anatole France

**Lori Anne Parker**

*Animal Reiki Nelson*

[www.animalreikinelson.weebly.com](http://www.animalreikinelson.weebly.com)





# An Empowered Life

With Rose Aitken

## WHEN CHANGE SEEMS IMPOSSIBLE AND YET IT IS OUR ONLY OPTION...HOW TO EMBRACE IT AND GET OUT OF YOUR OWN WAY

Some of us have without even knowing it yet, chosen a path of expansion, self-awareness, growth and change for this journey here on earth.

This article is not for those of you who know this, or who are currently exploring a path of self-awareness, enlightenment and growth. It is for those of you in that precarious and painful place, where you are being uncomfortably re-directed. You may not know it yet, but you are undergoing the beginnings of the breakdown of everything you thought you knew about life.

You might be beginning to recognize the stirrings of a desire to overcome what isn't working. Perhaps there is a version of you, you secretly long for (perhaps more than anything). Maybe you desire a transformation of consciousness that would provide you with ease, and a level of mastery that would enable your highest purpose and attributes to emerge.

Most likely this sensation is enticing, almost seductive, yet elusive and frustrating, because for now, you are not yet embracing this possibility.

For some strange reason you cannot fathom, you are developing a sense that you are supposed to be more, you can be more, you deeply desire more and yet... For that to happen, and for us to be truly ready, everything we thought we knew, needs to fall apart.

*"The bit before the Breakthrough, feels like a breakdown"* - Dr Dain Heer

### 1. Growing Pains

Not only is that breakdown tumultuous to experience, it is scary, often incredibly painful and confusing. We are actually being prodded to embrace an as yet, invisible, reality.

We may alternate between reading about self and spiritual development and feeling inspired, followed by turning to old destructive habits and people.

Whilst some people have perhaps what could be termed a mild 'rock bottom'. For others, it needs to be an explosive and all encompassing, implosion and quest for survival, to force a new direction and justify different choices.

I clearly recall, prior to choosing my biggest changes, the intense sensation of being unable to get off the path I knew, whilst deviating temporarily into exploring what was greater. Yet, for the longest time, I continued to return to the same day to day existence.

In retrospect, the trajectory of things was headed in line with my soul choices. However, because I consistently rejected opportunities to embrace my purpose, it took an explosive turn of events, for me to align with my true course. I could then feel justified in wholeheartedly, committing to it.

It was almost as though I needed to be able to say I had no other option, or I had to exhaust every other alternative, before I would 'go there'.

All the while this was happening, I was in pain emotionally. My soul was crying out for the path of least resistance. Yet the human version of me didn't fully listen. Part of that was down to the action of the ego and a thing known as resistance.

### 2. The Devil Known as Resistance

As we move to the end of the road as a victim of our circumstances and life starts to place into our awareness a desire to change, resistance may emerge as our constant companion.

It is our comfort when we get to close to the precipice of change and our tormentor when we want to leap. Resistance paralyzes us, keeping us in a never-ending state of misery.

When I was resistance filled, I used to oscillate between anger, futility, despair, rage and self-ha-

ted. I was shackled to dining at the picnic basket of hating life, detesting my inability to commit to being different, yet feeling I would die if I stayed one more second as I was.

I know fewer ways of feeling more tortured on an ongoing daily basis. Staying the same feels like a long, painful, excruciating death. The thought of change feels intolerable, irritating, terrifying, unpleasant and horrible to contemplate.

### 3. The Biology of Staying Safe (and Small)

Resistance is the domain of the ego. Your ego is essentially controlled by your cave man brain. It's job is to be vigilant and keep you breathing and alive. It associates change with fear and danger. Therefore, it creates terror and a sense of dread around change. Your ego wants you to stay safe and small.

If you are in that position, congratulations, you have a very strong desire to survive. The discomfort you are experiencing is a natural, instinctive reaction to preserving your existence.

Unfortunately, that isn't serving you (if you are on the cusp of change) and when you can't spend one more second feeling the way you do, the jig is up. It's time to shift and do something about it.

### 4. Disarm the Ego, Brace Yourself and Jump

Sometimes, we can just acknowledge our ego and tell it: *"I have got this, I don't need you right now, thank you for keeping us safe for so long"*

Then we need to leap off the cliff without the proverbial parachute.

(What I mean by this, is we take a leap into personal development, reach out for help and decide to be different, to grow, overcome, learn and to do what's required to handle the discomfort of growth, as opposed to stagnation).

We need to find someone we trust, look for a program of change, do some research, ask some questions and go for gold.

### 5. The Relief of Committing to a Course of Action

It may surprise you, usually when we make a genuine decision to change, there is a sense of immense relief.

Gone is the resistance and it is usually replaced by a mixture of fear and excitement. This is completely normal and very common.

We know when we are being guided, pulled or led to being different. There is definitely a sensation of being coaxed, encouraged and stroked by the Universe and all of life, into finally reaching for our greatness. With that and our new sense of direction, may come a sense of release, trust and letting go, perhaps for the first time.

### 6. Unexpected Support and Opportunity

When we follow through on changing ourselves from the inside out, all of life will honour our intention and show up to support us.

I've been constantly amazed in my journey, once I was a little bit open and doing my best to be better, how the lessons I received, were perfect for me. Usually they were just painful enough for me to take notice and large enough to enable the alchemy of my transformation. However, they were not so large that they crippled me.



Many times during the early days of my metamorphosis, I wanted to cry myself to sleep and not wake up. Yet, I knew I was supposed to be here, I had to keep going and on the other side of self mastery, was something I couldn't describe. Keeping going in those moments is true courage. The result of persistent courage, is that you develop resilience.

*"Diamonds are made under pressure"* – Unknown

If this is your time for change, your season for change, please reach out.

You know what you know. Don't wait as long as I did. It could be the hardest decision you ever make. If you do the work, the rewards will be even more incredible than you can begin to imagine.

As you begin to master You, you get to your mountain top and from there the downhill begins.

**Rose**  
Rose Aitken

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



# Holistic Health

With Tracy Power

## GET YOUR GREEN ON!

The gym has been a reliable friend over winter and will always be there for you, but Spring is around the corner and it is time to GET YOUR GREEN ON.

Many of the health benefits of exercising outdoors are obvious, especially in nature: the scenery is inspiring and ever-changing, the air is fresh and fragrant (no-one can convince me that gyms smell great), and the quiet to be found in hills and forests helps to calm our sympathetic nervous systems. However new research has shown that there are also very scientific and specific advantages to “green exercise.”

### Get your nature on...

In a recent study, researchers compared over 800 participants divided into “indoor gym” and “outdoor scenery” exercise groups. They measured the subjects’ blood pressure, heart rate and self-esteem before and after a controlled (heart rates were kept as similar as possible) session of exercise.

Post exercise measurements showed reduced blood pressure and improved self-esteem in both groups. However the “outdoor scenery” group showed much more significant blood pressure reduction, and in addition to improved self-esteem, they also reported results hits of mental revitalization, huge boosts in emotional vitality and elevated enthusiasm for the remainder of their day. Positive feelings such as these help to “proof” our minds and bodies against stress and help prevent stress-related disease.

### Get your sun on...

Exercising outdoors also gives us the opportunity to expose our skin to sunshine. Although this practice gets a pretty bad rap in New Zealand, it is important to remember that Vitamin D is essential for strong bones and a healthy immune

system. Exposure to sunlight can also reduce pain, improve the quality of your sleep and regulate hormone production, resulting in increased feel-good endorphins.

### Get your Earth on...

Very recent research has shown that even without exercising, just being outside and in direct contact with the earth is very important for neutralizing the overload of positively charged electrons in our bodies. Positively charged free radicals occur naturally in our bodies, but when combined with the man-made electrical energy generated by wifi and cell phones (also positively charged), we can overload ourselves to the point where damage can occur. Regular “earthing” neutralizes these positive electrons and returns our bodies to the same neutral, natural state of the earth.



### Get your underfoot on...

The best way to maintain strong healthy micro-muscles is by walking and running on uneven natural ground and unpredictable surfaces such as sand, pine needles and loose rock. Our tendons and ligaments grow lazy and weak with the repetitive actions and flat floors in the gym. Moving around on irregular surfaces keeps our vital connective tissue as strong as the big gym muscles, helping prevent injuries and restore balance to our bodies.

### Get your horizon on...

As a society, our eyesight is deteriorating in direct correlation to the amount of time we spend indoors and looking at screens. Although the science is still not exact, it seems that exercising outside with changing light and varying distances helps keep our eyes strong and healthy, and can reduce instances of nearsightedness.

**Tracy Power**  
Wellpower

*(Originally posted September 24th 2015)*



# Sound Matters

With John Cohen-Du Four

## PART 2

*A series of articles about how we can use sound for wellbeing and personal growth. Let's give ourselves a sonic tune-up*

The idea of chakras is pretty commonly understood today. But just in case, here's a really brief summary (there's endless online material if you search for it). Chakra literally means 'wheel' in Sanskrit. Our life force, or prana, is thought to spin and rotate within our bodies. There are seven main energy vortexes – focal points called chakras – running up your body, starting at the base of your spine and moving to the top of your head.

For prime health, these chakras need to be open, fully functioning and interconnected, thus providing the right flow of energy to every part of your body, mind and spirit.

Sound can be incredibly useful in reactivating, stimulating and strengthening our chakras.

You can do this quick tune-up anywhere, but you'll be making noises so (unless you're a raging extrovert) maybe opt for somewhere private (tip: in the shower works great, the sound is nice with all that reverb, and it's an ideal way to start your day!).

### Here are the steps:

- 1) Stop whatever you're busying yourself with and take a few moments to stand quiet, comfortably relaxed with your feet slightly apart.
- 2) Take a few slow, deep, calming breaths.
- 3) Focus on the bottom of your torso, your groin region – this is your root chakra.
- 4) Now take in a deep breath and begin to sound out loud the 'uuh' vowel sound (as in the word 'up'). Pitch the tone as low as you can go while still making the sound. It doesn't need to be overly loud, just strong enough to make a

steady, continuous tone. Take in another breath and repeat this up to four or five times. Try and sense how the vowel sound and pitch combine to internally vibrate deep and low in your body.

5) Now shift your attention to your second chakra, located just below your navel. This time use the 'ooo' sound (as in 'who'), and raise the pitch of your tone slightly.

6) For your third chakra, go to your solar plexus in between the bottom section of your ribs. The sound is 'ohh' and again raise your voice's pitch slightly.

7) Your fourth chakra is the all important heart chakra. Make the 'ahh' sound, with your voice up a bit higher.

8) Your throat chakra is number five. The vowel sound is 'eye' and your voice again is higher.

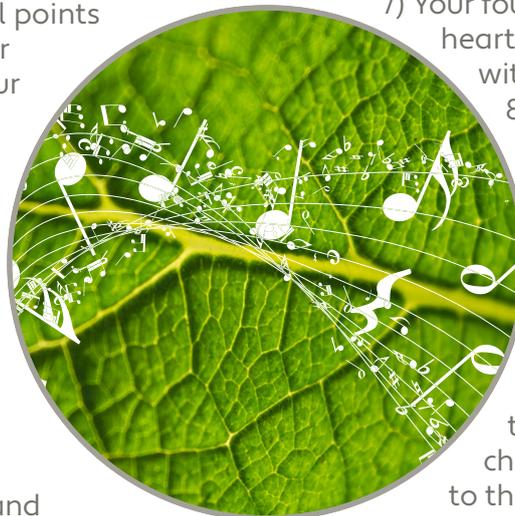
9) Your sixth chakra is on your forehead (sometimes called the third eye). Going a bit higher in pitch, make the 'aay' sound.

10) The final chakra is on the top of your head, your crown chakra. Toss the 'eee' sound out to the heavens, this time taking the pitch all the way up as high as you can comfortably go. Again try and sense the vibrations resonating in your head (as you blow out a few cobwebs!).

11) Finally, from this highest note, just let your pitch fall slowly and continuously back down to the lowest in one final flourish. And hey, presto – you're done.

Remember, just like with anything, the routine will come much more easily (and effectively) with practice. But even after just one or two goes, see if you don't feel more balanced, more integrated, more energised.

**John Cohen-Du Four**





# Essential Oils

With Shelley Monrad

## HAPPINESS WINTER BLENDS

How to keep you happy in the Winter!!

Serotonin is a contributor to feelings of well-being and happiness. Through the winter our well-being and happiness can be compromised and often people fall into their darkest times during our darkest wettest months of the year, June, July and August.

There are some great essential oils to help with our anxiety, stress, insomnia and irritability due to the drop of serotonin levels during the winter.

Essential oils of chamomile, lavender, marjoram, orange blossom, bergamot to name a few can be quickly absorbed through the brain, simply by inhaling these smells.

When an odour is inhaled it impinges on the OLFACTORY EPITHELIUM which contains some 20 million nerve endings. The odour is transmuted into a nerve message, which is amplified by the OLFACTORY BULB, and then passes along the olfactory tract and enters the LIMBIC SYSTEM.

The odour/nerve message is first analysed by the AMYGDALA and HIPPOCAMPUS which are memory centres and also play a major role in emotional responses. At this point the odour may trigger a memory, whether recent or distant. The message is then passed on to the HYPOTHALAMUS which acts as a regulator and relay station, with the option of sending messages on to several other parts of the brain.

Euphoric odours, such as grapefruit, tend to stimulate the thalamus to secrete neurochemicals called ENKEPHALIN. They incidentally act as painkillers, but also induce feelings of wellbeing, or euphoria, making us feel uplifted.

Sedative odours, such as marjoram cause the

brain to stimulate the RAPHE NUCLEUS, which then releases SEROTONIN, a sedative neurochemical.

Stimulating oils such as rosemary, affect the LOCUS CERULEUS, which then release NORADRENALINE into the brain. This has the effect of wakening us up, i.e. peppermint or rosemary.

Try an essential oil synergy of: chamomile, lavender and marjoram, use a drop on your pillow at night to help you sleep. Use drops in your bath or shower to help you relax after a long day.



Try a blend using a carrier oil of your choice, like your local olive oil then add the above essential oils to massage onto your feet at night, to help keep those winter blues away.

## USING ESSENTIAL OILS

*Essential oils can benefit us in so many ways....*

**Bath:** Run the bath and thoroughly mix in 4 - 10 drops of essential oils, (depending on bath depth) Relax for 5 - 20 minutes. Do not use soap during the first 5-10 mins.

**Foot or Hand Bath:** Pour water into a bowl, mix in 2-4 drops of essential oils. Soak the feet or hands for 5-10 minutes.

**Shower:** A good method to use for synergies and essential oils that would otherwise irritate the skin. Cover plug hole and add 2-5 drops of chosen oil to bottom of shower then shower as usual. This method is similar to the inhalation but you absorb the oil through the soles of your feet also.

**Massage blend:** Mix a maximum of 5 drops for every 10 mls (approx. 2 teaspoons) of carrier oil and massage onto the body. Use 3 drops for every 10mls if you are using a blend every day or have sensitive skin.

**Inhalation:** Fill a bowl with near boiling water and add 1-3 drops of Essential Oils. Cover your head with a towel and inhale for 3-5 minutes keeping your face about 25cm away from the water. Keep your eyes closed whilst doing the inhalation.

**Direct inhalation:** Sniff directly from the bottle. ie Peppermint very good for sinus congestion.

**Tissue:** Put 1-2 drops on to a tissue or cotton wool ball and inhale when required, or place into item of clothing near face.

**Vaporisation/Burner/Diffuser:** Fill the dish with water and add 6-10 drops of essential oils. Top up after the water has run out, or after 4-8 hrs of diffusing.

**Spray:** Prepare a spray bottle with purified water. With 120mls of water, add 20 to 30 drops of your favourite essential oils.

**Compresses:** Mix 3-6 drops of Essential Oil with 1/2 pint of water and agitate well. Moisten a soft cloth in the water, wring out and apply to affected area of the body. Wrap in cling wrap to seal in the moisture and place hot or cold towels over the top.

*Cold compresses:* bruises, sprains, headaches.

*Hot compresses:* arthritis, rheumatism, boils, abscesses, old injuries and period pain.

## **Shelley Monrad**

*Aromaflex*

*\*Ask your nearest qualified aromatherapist about dosage, application and safe use.*





# Helpful Herbs

With Mandy Haywood

## HOW HERBAL MEDICINE CAN HELP YOU

Medicinal herbs contain vitamins, minerals, nutrients (and magic) and have an affinity for specific organs, systems and functions of the body, enhancing the body's ability to help itself.

Traditional Herbalism recognises that we are all unique. We focus treatment on the person, not the disease. We dig deep to look at the underlying cause, rather than just treating the symptom. When treating Eczema for example, we take into account factors like diet, gut health, stress levels (both physical and emotional), nutrient deficiencies, food sensitivities, and would formulate a herbal tincture that helps to bring the body back into balance, rather than just applying a topical ointment.

Immune boosting herbs like Echinacea can be taken during the Winter months to help to prevent colds and Influenza. Herbs can also be prescribed at the onset of illness to help speed up recovery. Viruses such as Glandular Fever are well known for lingering symptoms of post viral fatigue or swollen glands and Herbal Medicine has a lot to offer to address these symptoms.

Mother Nature has a treasure chest full of tried and tested (for centuries!) remedies for both acute and chronic conditions. Herbal medicine is particularly effective for digestive disorders, stress and tension, mood and nervous system disorders, immune related conditions/auto-immunity, hormone imbal-

ances, thyroid support, inflammatory conditions, migraines, skin conditions and the list goes on.

The beauty of Herbal Medicine is that it can be tailored to your individual needs. It can be prescribed for all ages and can be used safely alongside pharmaceutical medication and in pregnancy/lactation, under the supervision of a qualified Medical Herbalist.



## LAVENDER

*Lavandula officinalis/angustifolia*

*"Forgiveness is the smell that Lavender gives out when you tread on it" - Mark Twain*

**Parts used:** Flowers

**History:** Lavender is best known for its aromatic qualities and its fragrance is commonly used in perfumes, toiletries and cosmetics. It has been used for Centuries to help with sleep, nervousness, tension, headaches, muscle spasms and indigestion. It was popular during the Victorian Era, and ladies carried lavender oil or water to sniff in case they felt faint. It was prescribed to *"reduce the tremblings and passions of the heart, and faintings and soothing"*. Herbalist John Parkinson (1640) quoted Lavender of being *"especially good use for all griefes and paines of the head and brain"*.

**Spiritual/cleansing benefits:** Love, protection, peace and purification, counteracts the evil eye.

**Astrology:** Virgo (August 23 to September 22; Ruled by Mercury)

**Traditional/Medicinal uses:** Lavender is still prescribed for its relaxing, soothing medicinal properties. It is strengthening to the nervous system and is a valuable herb used for treating nervous tension/exhaustion, anxiety, insomnia and restlessness.

Lavender can help to alleviate irritability and elevate mood in depression. It is also beneficial for headaches and tension, particularly when caused by stress.

Lavender is an effective remedy for abdominal complaints such as irritable bowel syndrome, nausea, flatulence and indigestion as it helps to relax intestinal spasms and soothe pain.

Externally Lavender can help to ease aches and pains and is effective for grazes, burns, eczema and insect bites due to its antibacterial and anti-inflammatory action. It is also helpful to prevent scarring.

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

- Dried or fresh Lavender buds and flowers can be made into a cup of tea by adding to boiling water.
- Lavender combines well with Chamomile, Passionflower, Skullcap, Licorice and Peppermint for a sleepy/digestive tea
- Make a homemade dream pillow out of a drawstring bag and fill with lavender buds or you can use an old clean spare sock.
- Add lavender essential oil or to a bath or foot bath with Epsom salts for relaxation and muscle stiffness.
- The essential oil is a great addition to your first aid kit.
- Massaging children with diluted Lavender oil or added to a diffuser before bed can help to promote deep sleep.
- I love using a blend of Lavender and Rosemary essential oil for calming the nervous system but keeping the mind focused and alert
- Lavender tincture can be prescribed by a qualified Medical Herbalist.

**Culinary uses:** Lavender Buds can be used to season meats such as fish, chicken and pork and combines well with basil, fennel, marjoram, oregano, parsley, rosemary, tarragon, and thyme – also known as Herbs de Provence.

Fresh lavender flowers can be added to salads.

Lavender buds make a comforting hot chocolate by bringing your choice of milk (1/1/2 cups per serve) and 1 teaspoon of buds to the boil gently, then adding dark chocolate and vanilla extract to taste. It can be sweetened with honey if preferred.

#### **Mandy Haywood**

*Mandy Haywood Naturopath  
& Medical Herbalist*





# Crystal Healing

With Michelle Cotton

## CLEAR QUARTZ

Clear Quartz is known for its beauty and benefits throughout the ages. Clear Quartz can be crystal clear, slightly cloudy or nearly opaque. Clear Quartz stones have been, and still are, believed to be actual living breathing stones that take a breath once each century.

Many cultures throughout time believed transparent quartz crystals were an incarnation of the Divine. Ancient Egyptians wore all sorts of jewellery combined with clear quartz gems, and also carved the quartz into amulets to be buried with the dead so the quartz powers, properties and beauty could be appreciated in the afterlife.

The Ancient Romans thought that Clear Quartz was ice that was hardened over time, a belief that added to the use of women of high social standing holding round balls of the quartz in their hands to cool them in the hot weather.

Signet rings were also carved to wear for their cooling benefits. African tribes, Native American Indians, Aztecs, Egyptians, Scots and Romans all used Clear Quartz for its Healing Power and in meditation to increase spiritual development and as protection from evil magic and spells.

Clear quartz was used to start sacred fires in gratitude to the gods, the quartz was placed on wood chips in the sun - the light shining through would cause the wood to smoke and burst into flame. This ability meant clear quartz could also be used to cauterize skin wounds. Clear Quartz' power of solar refraction is said to have been used throughout the centuries dating back to Atlantis and Lemuria.

Today Clear Quartz is used in microphones, memory chips, radio receivers and transmitters along with ultrasound devices and watches.

Showing just how powerful it is as a transmitter and receiver.

Spiritually this crystal is known as the Master Healer and teacher. It is said to be one of the most powerful energy amplifiers, along with amplifying thought. It promotes clarity of mind and removes negativity to enhance higher spiritual receptivity. It's known to be a supreme gift of mother earth and enhances all connections with earthly elements. The amplifying abilities of Clear Quartz means it will open the channels and deeply enhance the facilitation and flow of the connections, communications and energy between the spiritual and physical world.

Its ability to enhance personal growth and awareness means it also works subliminally to share benefits to those who haven't yet experienced spiritual awakening. Also known as a beacon of light and energy for those spiritually awake, it can assist in connecting to animals, minerals and plants.

For conditions that negatively affect physical health, it may improve the circulatory and immune system with enhanced energy flow and improve balance within the body. It can assist with migraines, motion sickness and vertigo + also assist metabolism to help with weight loss and stop exhaustion. May also help remove toxins and correct disorders in the digestive tract, bladder and kidneys. Clear quartz has been used to relieve pain from burns and reduce blistering.

Clear Quartz improves patience and encourages positive feelings, dispelling negativity. It improves perception and perseverance and assists in a greater ability to laugh, love and live in harmony with all things

Quartz crystals are unique and can be identified with the pointed ends and often uneven termi-



nations. The crystal can be found in clusters or points - some have what's called a double terminator, other variations are twin where two crystals connect at a 90° angle. There are Phantoms where one crystal forms over another leaving a ghosted crystal form inside. Each of these different styles of crystal adds more properties to the clear quartz. A lot of Crystal Healing Wands, Crystal Skulls, hearts and pendulums are made with Clear Quartz - each shape carved and moulded like the Merkabah and other geometric and Chakra shapes bring special qualities to enhance the Clear Quartz properties even further.

### How to use Clear Quartz

Whether Using Clear quartz in the raw unpolished form or in the smooth polished tumble stones or shapes, you will obtain the same benefits, it really comes down to preference. I personally love both and often have the raw form as well as the polished. Clear quartz crystals are programmable, so it's strongly recommended that a new clear quartz be programmed with positive energy right away. A properly programmed crystal will vibrate this positive energy back out into the room.

I personally have a Clear Quartz crystal healing wand, as these provide the powerful energy to assist in dissolving blocks and dis-ease in the body, I hold it in my right hand and slowly pass it over the body and hold it pointed at any locations I'm guided to give more attention to, once it feels the same as the rest of the body I continue to move it along, it's like scanning the body, I hold my wand about 30cm above the body checking to see where it requires direct laser like healing with the point of the wand, it's much like the tools used in Reiki for the same reason.

- ◆ Wear clear Quartz jewellery especially in a necklace or earrings
- ◆ Place underneath the healing table or place on or around the body while healing
- ◆ Hold in hand during times of emotional stress or energy imbalance
- ◆ Meditating with it
- ◆ In water bottle or glass to allow essence to absorb into water to drink or apply topically
- ◆ Bathe with the crystal in the bath water
- ◆ Use Clear Quartz in a Healing Grid
- ◆ Place in living areas and workspace to feel its energizing benefits throughout the day and keep close when feeling difficulty

**Michelle Cotton**  
*Pure Vibration*





# Art as Therapy

## Colouring Pages

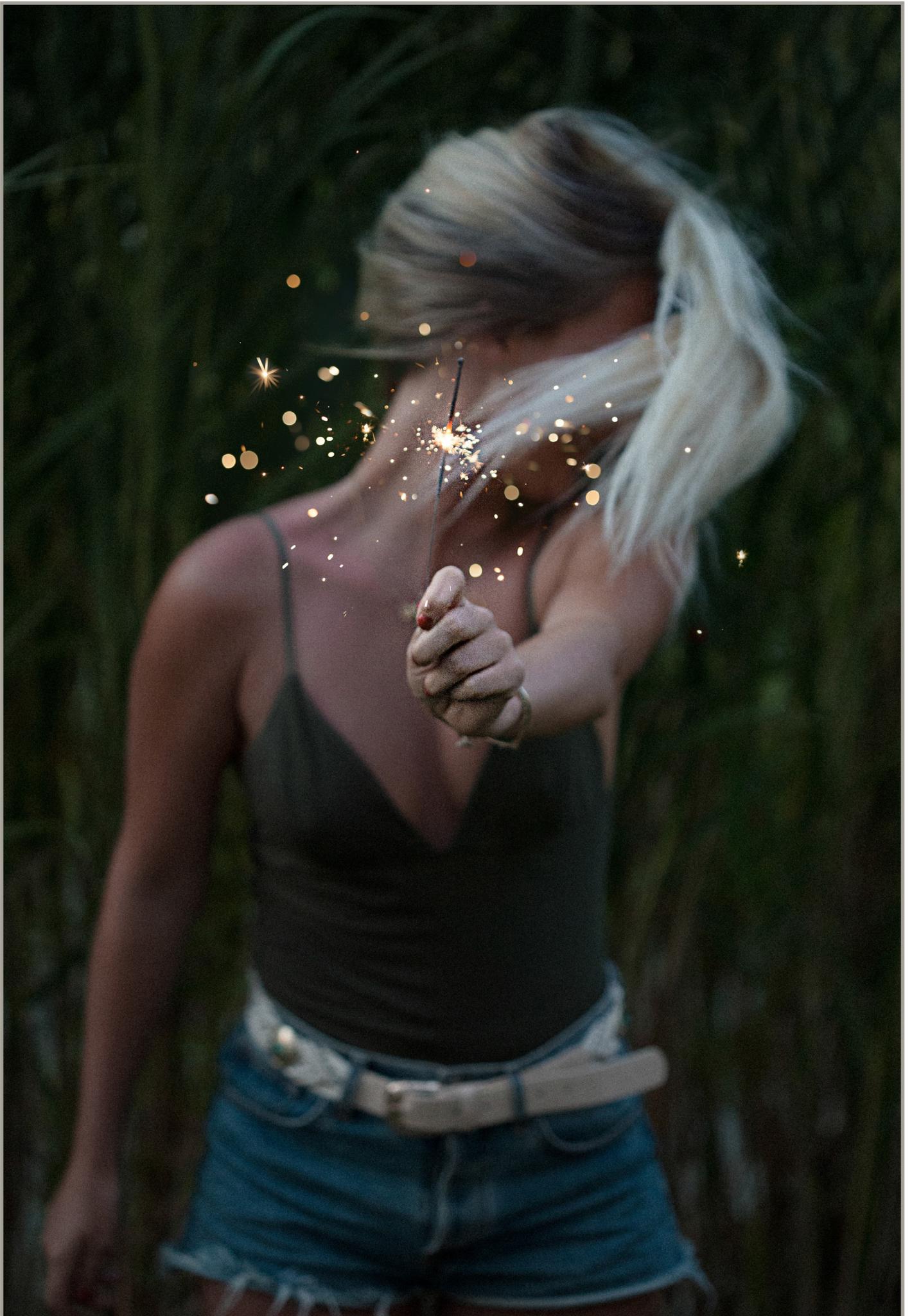
Creative people know that art - just like gardening, meditating or running - can be therapeutic, soothe the soul, release tension and relax the mind. This awareness led to the massive mindful colouring craze over the last few years and raised the awareness for art as a form of self-therapy, brought it into the mainstream and gave permission for adults to colour in for fun. There are thousands of books of all styles to colour, using pens, pencil, watercolours and pastels. Art is used as therapy throughout many organisations around the world, including in Nelson and Tasman. For those who say they “*don't have a creative bone in their body*” - just give colouring a go and see where it takes you. We are creative beings - we don't have one bone in our body - we have a WHOLE mind, body and soul that is creative. The key with creating mindfully is to flow and hold no judgement. Remember the ‘Earth’ without ‘Art’ is just ‘eh’.

*“When you engage yourself artistically and use your imagination you can help regulate your blood pressure and your heart rate” - Soul Pancake (see video [here](#))*





To download a printable copy of this month's colouring pages, [please click HERE for PAGE 1](#) and [HERE for PAGE 2](#) - we would love to see the finished art if you want to tag @TheInspired-GuideNZ on Facebook or share to our page. Have Fun!





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*Health & Wellness*

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Tasman Health & Herbs mission is to help our customers find the best solution for their individual health needs.

## **Animal Reiki Nelson**

*Health & Healing*

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[AnimalReikiNelson@gmail.com](mailto:AnimalReikiNelson@gmail.com)

[www.animalreikinelson.weebly.com](http://www.animalreikinelson.weebly.com)

Animal Reiki is a relaxation technique to help animals/people from a 'fight or flight' energy into a parasympathetic (relaxed) state of being. This service has been very helpful for pre- and post-surgeries, animal attacks, separation anxiety, etc. Lori is passionate about working with animals - they are her greatest teachers.

## **Healing with Renae**

*Finding Your Light Within*

*Health & Healing*

Renae Bailey

022 626 3046

[renae.bailey.nz@gmail.com](mailto:renae.bailey.nz@gmail.com)

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

Balance in Buxton Square, Nelson, NZ

Utilising various energy healing modalities, together we facilitate the clearing of energetic "clutter" allowing your true light to shine. Whether it's trapped emotions, past-life imprints, or general heavy energies such as stress, depression, pain or illness weighing you down, you will be fully supported on your journey to your authentic self.

## **Natural Living**

*Health & Wellness*

Noreen Macdonald

0211801527

[info@naturalliving.co.nz](mailto:info@naturalliving.co.nz)

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

87 Atawhai Drive, The Wood, Nelson, NZ

Natural Living's philosophy is to live as much as possible in accordance with nature. In a busy world this may seem unrealistic, however we want to inspire you to take a step into the art of Yoga and Pilates and see just how big small changes can be.

## **Retreats by Design**

*Travel & Wellness*

Tina Arthur

027 244 6781

[tina.arthur@nztravelbrokers.co.nz](mailto:tina.arthur@nztravelbrokers.co.nz)

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

Revitalise Your Spirit and Nourish Your Soul... We are the designers and creators of Soul Enriching Escapes. Guiding you on a blissful retreat that combines the perfect balance between travel, health, wellbeing, shopping, dining and exploration of exotic locations. Celebrate the goddess in you on a guided Soul Enriching Escape!

## **Angela Cheruseo Coach & Mentor Life Coach**

*Health & Wellness*

Angela Cheruseo

0273483207

[info@angelacheruseo.nz](mailto:info@angelacheruseo.nz)

[www.angelacheruseo.nz](http://www.angelacheruseo.nz)

# LOCAL GUIDE DIRECTORY

Explore-Equip-Empower. 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.

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**Mandy Haywood**  
**Naturopath & Medical Herbalist**  
*Health & Wellness*  
Mandy Haywood  
027 6666 114  
mandyhaywood6@hotmail.com  
[www.mandyhaywood.co.nz](http://www.mandyhaywood.co.nz)  
Balance in Buxton Square, Nelson, NZ

Mandy is a Naturopath & Medical herbalist providing Naturopathic consultations. She has been in clinical practice for 11 years and offers compassionate, personalised health care for both children and adults. Mandy has experience dealing with acute conditions, as well as serious chronic disease.

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**Lotus & Crow - Yoga with Kristin**  
*Health & Wellbeing*  
Kristin Paterson  
021 119 9127  
support@wholelottalife.org  
[www.facebook.com/lotusandcrowyoga](http://www.facebook.com/lotusandcrowyoga)  
Kokoro Studio, 5 Simmonds Road, Brightwater, NZ

Kristin offers yoga and meditation instruction in both classes (Kokoro Studio) and individual sessions (either in her home or yours). Kristin's teaching seamlessly weaves together body alignment, breath work, yoga psychology and how we can integrate yoga into our everyday lives. By deeply connecting with ourselves, Kristin believes we can better connect with all humanity, and that is where the magic is.

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**Three Gems**  
*Natural Skincare*  
Louise Routledge  
03 545 6006 or 021 131 2764  
louise@threegems.co.nz  
[www.threegems.co.nz](http://www.threegems.co.nz)  
Nelson Saturday Market, Montgomery Square, Nelson, NZ

Three Gems Natural Skincare – your solution to sensitive skin or chemical overload. Handcrafted in Nelson using only organic and natural ingredients – no water, fillers or chemicals – just pure goodness! Find us at the Nelson Market every Saturday or online.

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**Be Brilliant with Charley**  
*Health & Wellness*  
Charley Ainscough  
021 489 152  
charleychopchop@icloud.com  
[www.charleychopchop.co.nz](http://www.charleychopchop.co.nz)

I teach, encourage and inspire people through nutritional based coaching and consulting. I offer private or group educational cooking classes, personalised and guided food shopping tours + pantry makeovers and meal planning, with weekly menu plans (including shopping lists) perfect for busy individuals or the whole family.

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**Tim's Garden Services**  
*Home & Garden*  
Tim & Team  
022 196 7109  
info@timsgarden.co.nz  
[www.timsgarden.co.nz](http://www.timsgarden.co.nz)  
26 Gloucester Street (opening soon)

Tim's Garden is opening their commercial premises at the start of spring. They offer a wide range of garden and landscaping services such as raised beds, decks, design, patios, and planting. They specialise in making edible gardens and can assist you with planning and implementing your dream garden.

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# LOCAL GUIDE DIRECTORY

## **Pure Vibration**

*Health & Wellness*

Michelle Cotton

027 694 2777

[pure-vibration@outlook.com](mailto:pure-vibration@outlook.com)

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

Soul growth and healing for all, through mind, body and soul energy vibrational facilitation of consciousness and Self awareness. I can help you re-connect your heart to Source through intuitive and empowerment life coaching, healing therapies with crystals, oil, massage and energy, as well as chaneling sessions and spiritual development.

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## **RAW Energy Balance**

*Health & Wellness*

Lynda Davenport

021 225 2253

Rekindled Ancient Wisdom: Regain a sense of power, declutter your energies and reboot your innate healing mechanism. Support for trauma, overwhelm, family events and more.

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## **Facial Radiance**

*Health & Wellness*

Lynda Davenport

021 225 2253

[lynda@facialradiance.co.nz](mailto:lynda@facialradiance.co.nz)

A relaxing and rejuvenating facial technique that releases tension and naturally lifts and sculpts the face.

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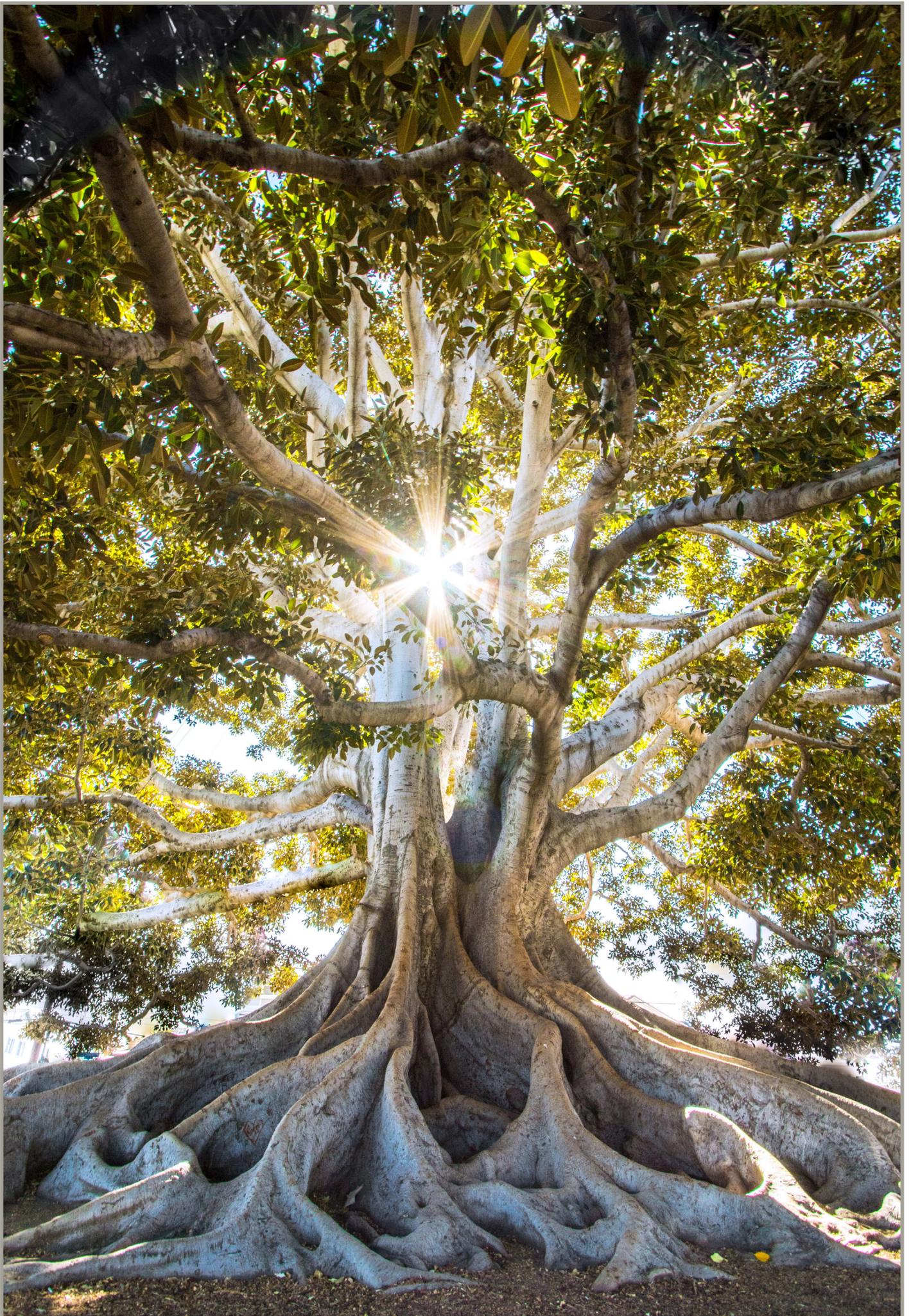
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***We intend for the reader to enjoy this magazine with an open heart and open mind.***

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