

THE *Inspired* GUIDE

CONSCIOUS LIVING & HOLISTIC WELLBEING

Issue #6 | Dec 1st 2019



FREE eMagazine Designed & Made in Nelson, New Zealand



*“Make your life a masterpiece;
imagine no limitations on
what you can be, have or do.”*

- Brian Tracy



Welcome & Enjoy

Hello and welcome to Issue #6 of The Inspired Guide magazine!

This edition brings us to the end of Spring and into Summer - too hot for some, just right for many!

In this edition there is a BIG feature on gardening which I hope you will find inspiring; as a gardener myself I really notice the benefits to my wellbeing by physically being in the garden and also watching it grow.

We also welcome many new contributors and guest writers this month as the magazine evolves and expands and attracts different people and ideas to share with you.

Every edition I proof and edit all of the articles, which means I get to read them all - very thoroughly! And every edition it continues to blow my mind just how much they seem to speak directly to me...

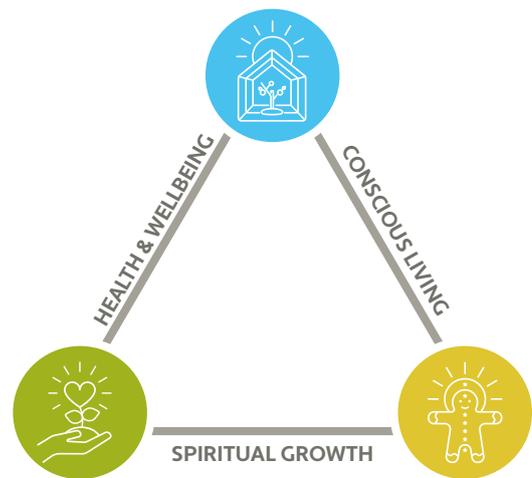
There is a lot to read, but every article is enjoyable and inspirational and offers new ideas and info.

Breathe, relax and be inspired...

Amanda Sears
Co-Creator

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

Designed to inform and inspire all who seek to live more conscious lives, The Inspired Guide focuses on 3 categories that are conducive to living consciously and in balance.



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

The Benefits of an eMagazine

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

Zoom in if you want to see things closer or larger

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

Read ANYWHERE!

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

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Get Involved!



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

ADVERTISE YOUR CONSCIOUS BUSINESS

Increase awareness of your business to the right people!

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

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

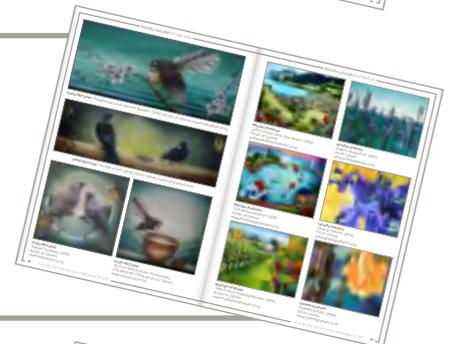


EXHIBIT YOUR ARTWORK

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

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

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

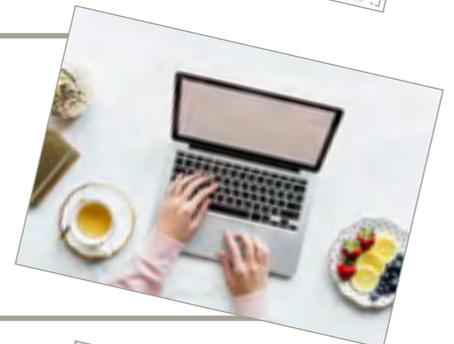


CONTRIBUTE AN ARTICLE OR YOUR STORY

Share your wisdom, experience or journey to inspire others.

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

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



SUBSCRIBE FOR FREE!

Receive inspiration and information straight to your inbox!

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

Click [HERE](#) to subscribe for FREE



SUPPORT THE MAGAZINE

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

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

Click [HERE](#) to donate securely via PressPatron on our website



The Good Guide

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



WATCH

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



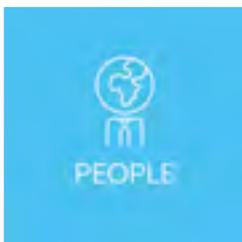
READ

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



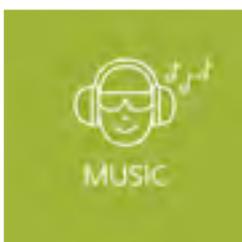
ART

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



BE INSPIRED

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



LISTEN

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

VIEW ALL COLLECTIONS HERE
www.theinspiredguide.nz

WIN!* BOOK OF THE MONTH!

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



Don't Sweat the Small Stuff And it is All Small Stuff

By **Richard Carlson**

Originally published in 1997 this book may be 'old' but it is still relevant.

A book that shows you how to keep from letting the little things in life drive you crazy. In an insightful way, Richard reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You learn to put things in perspective by making the small daily changes he suggests, including advice such as "Think of your problems as potential teachers"; and "remember that when you die, your 'in' box won't be empty". Live in the present moment, let others have the glory at times, and lower your tolerance to stress.

WIN!* FACEBOOK GIVEAWAY



Share The Inspired Guide on Facebook or Instagram and tag it to be in to win one of our colourful mugs!
[@TheInspiredGuideNZ](https://www.facebook.com/TheInspiredGuideNZ)

>CLICK HERE<



Cover Art

Handdrawn and digitally coloured illustration

by Amanda Sears



ALISON ELSBERRY
Embodied Brilliance
www.alisonelsberry.com

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



AMANDA SEARS
The Wellness Guide
www.thewellnessguide.nz

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



ANGELA CHERUSEO
Life Coach
www.angelacheruseo.nz

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.



CARLA FRIEND
Twinkle & Bean
www.twinkleandbean.co.nz

Mother of five, Carla is the woman behind the natural cleaning brand Twinkle & Bean. After her own health struggles and her children developing eczema, she formulated these hypoallergenic cleaning products which she sells locally and online. With a passion for making a house a home, she combines a Diploma in Interior Design and Certificate in Building Biology and Ecology to create healthy homes for her clients through holistic design and offers services to help make the journey to a toxin free life and home more manageable.



CHARLEY AINSCOUGH
Charley Chop Chop & Be Brilliant
www.charleychopchop.co.nz

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



ELYSE SANTILLI

Life Coach

www.elysesantilli.com

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



HANNAH SHAW

A Nourishing Notion

www.facebook.com/ANourishingNotion

Hannah is a mother, wife, registered nurse and a whole food plant based-life-style (WFPB) proponent. Originating from Timaru, she moved to Nelson in 2007 to do her nursing degree. She works part-time at the Wakefield Health Centre and recently completed a certificate in plant-based nutrition. She proudly belongs to a group of Nelson health professionals who promote WFPB; aiming to achieve positive health outcomes, and sustainability in the community. Passionate about cooking and creating recipes, she enjoys inspiring and supporting others through her new business 'A Nourishing Notion' and via her social media.



JOHN DU FOUR

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



KERRY KINGSTON

Kerry Kingston Design

www.kerrykingstondesign.com

Kerry combines stylish interior design with a holistic and intuitive approach to create harmonious and healthy spaces from a soulful living perspective. As a holistic interior designer she looks at a space in its entirety; from the overall design, environment and visual appearance to the feel, flow and energy. Her holistic approach includes timeless décor and practical design while taking into consideration eco living and the energy in the space; utilising a range of holistic methods to enhance these attributes, such as: decluttering, plants, Feng Shui, complementary crystals and essential oils.



LEE HOLMES

Supercharged Food

www.superchargedfood.com

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



MANDY HAYWOOD

Naturopath & Medical Herbalist
www.mandyhaywood.co.nz

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



MARIETTE ZOEPPRITZ

Seeds of Peace NZ
www.facebook.com/SeedsOfPeaceNZ

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



MICHELLE COTTON

Pure Vibration
www.facebook.com/PureVibrationNZ

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



RACHEL GRACE

Rachel Grace Showroom & Academy
www.rachel-grace.com

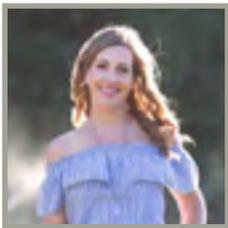
Rachel is an International Medium, Spiritual Advisor, Psychic, Author and Educator. Along with her love for private readings Rachel's true passion lies in Spiritual Teaching. She is the CEO and Founder of the Rachel Grace International Academy of Metaphysics and has developed numerous Courses & Workshops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



RENAE BAILEY

Healing with Renae
www.healingwithrenae.co.nz

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



ROSE AITKEN

Life Coach

www.roseaitken.com

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.



SABRINA WEBER

Empowerment Coach

www.heysabrinaweber.com

Sabrina is a women’s empowerment coach, modern mystic and self-proclaimed palm tree enthusiast living in Raglan, New Zealand. In true Aries fashion, she designed her own career path; blending spirituality with purpose-driven business mentoring that attracts and elevates like-minded women globally - empowering them to live life by design, stepping into their true goddess power and purpose work, and saying 'yes' to who they really are for a happier and freedom filled life. Her clients adore the effortless blend of spiritual tools and down to earth business talk from this beach-loving boss babe, mother and plant foodie.



SARAH JENSEN

Life & Business Coach

www.sarahjensen.com.au

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



SARAH NOBLE

Mindfully You with Sarah

www.facebook.com/mindfullyyouwithsarah

Sarah Noble is a Mindset and Mindfulness Speaker, Writer and Mentor, and Accredited Mindfulness Teacher. She specialises in helping first-time Mums optimise their Mental Health, so they can navigate Motherhood with confidence and clarity. She Mentors 1-1, Hosts Mums and Bubs Workshops, Teaches Beginners Mindfulness Courses, writes blogposts and articles, and Speaks at, and hosts events. She lives in Dunedin with her partner and son, Dylan, who is 11 months old. She loves vegetables, rock music, nature, travel and swearing.



SARAH SEARS

What Sarah Bakes

www.whatsarahbakes.com

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



SUNDARI ZULETA-CONNABLE

Anahata Yoga Retreat
www.anahata-retreat.org.nz

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



TIM MOROZGALSKI

Tim's Garden Shop & Services
www.timsgarden.co.nz

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





INSPIRATION ON INSTAGRAM

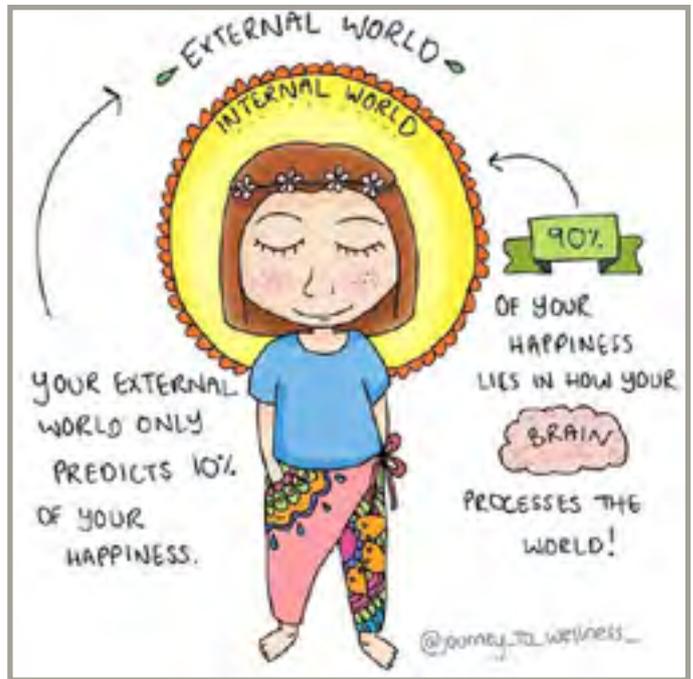
POSITIVELY PRESENT By Dani DiPirro

Dani is an author, blogger, and designer living in Washington, DC. In 2009, she launched the website PositivelyPresent.com sharing experiences and insights on positivity and self-love! Now a global, destination for inspiration and resources. Follow her on Instagram: [@PositivelyPresent](https://www.instagram.com/PositivelyPresent)



JOURNEY TO WELLNESS By Rebekah Ballagh

Becks is a counsellor, mindfulness coach and illustrator based in Nelson, NZ. She began illustrating mental health tools with a goal of making counselling and therapeutic techniques more accessible to everyone. Now they are a global resource! Follow her on Instagram: [@journey_to_wellness](https://www.instagram.com/journey_to_wellness)



THE CELESTIAL WITCH By Ellie Mae

Ellie is an artist, designer and practitioner of metaphysics, based in Sydney, AU. She uses her unique gifts to help, support and guide those on a Soulpreneur journey. Her work is spiritual, inspirational, enlightening, informative and fun! Follow her on Instagram: [@the_celestial_witch](https://www.instagram.com/the_celestial_witch)



BECCA REITZ By Becca Reitz

Becca Reitz is an illustrator and graphic designer that resides in Denver, CO. Her work aims to capture the beauty and essence of the human experience – each piece is a visual representation of our truth, our journeys, our past, our future. Follow her on Instagram: [@becca_reitz](https://www.instagram.com/becca_reitz)

CONSCIOUS COMMENTARY

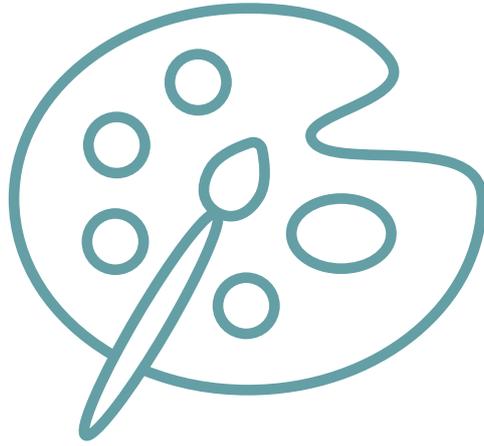
By Alan Roberts



DIVINE BEINGS BEHAVING BADLY

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





DIGITAL GALLERY EXHIBITION

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

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

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

Michelle Lucking

Sirpa Alalääkkölä

Mia Riddell

Kate Cowan

Kathryn Furniss

Vicki Charles

**Some images may be cropped to fit.*

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



Michelle Lucking | *Beneath the Surface ii* (2019) | Soft Pastel | www.michellelucking.com



Michelle Lucking | *Tequila Sunrise* (2018) | Soft Pastel | www.michellelucking.com



Michelle Lucking
Bloody Mary (2019)
Soft Pastel
www.michellelucking.com



Michelle Lucking
Beneath the Surface i (2019)
Soft Pastel
www.michellelucking.com



Sirpa Alaläykkölä | *Water Babies* (2019) | Acrylic on Canvas | www.sirpa.art



Sirpa Alaläykkölä | *Kayaking Abel Tasman* (2018) | Acrylic on Canvas | www.sirpa.art



Sirpa Alaläikkölä | *Sunflowers* (2019) | Acrylic on Canvas | www.sirpa.art



Sirpa Alaläikkölä | *We Are Going on a Summer Holiday* (2017) | Acrylic on Canvas | www.sirpa.art



Sirpa Alaläykkölä | *Magic Moments* (2018) | Acrylic on Canvas | www.sirpa.art



Sirpa Alaläykkölä | *Wharariki Beach* (2019) | Acrylic on Canvas | www.sirpa.art



Mia Riddell | *Tui on Manuka* (2019) | Watercolour | www.facebook.com/miariddellwatercolour



Mia Riddell
Toutouwai/Robin (2017)
 Watercolour
www.facebook.com/miariddellwatercolour



Mia Riddell
Putangitangi/Paradise ducks (2018)
 Watercolour
www.facebook.com/miariddellwatercolour



Mia Riddell
Piwakawaka/Fantail on Cherry Blossom (2019)
 Watercolour
www.facebook.com/miariddellwatercolour



Mia Riddell
Tui in the Flowers (2019)
 Watercolour
www.facebook.com/miariddellwatercolour



Kate Cowan | Belle on Bike (2019) | Acrylic on Canvas | www.katecowanart.co.nz



Kate Cowan
Cinnamon (2019)
 Acrylic on Canvas
www.katecowanart.co.nz



Kate Cowan
A Good Book (2018)
 Acrylic on Canvas
www.katecowanart.co.nz



Kate Cowan
Brat Cat Muffin (2019)
 Acrylic on Canvas
www.katecowanart.co.nz



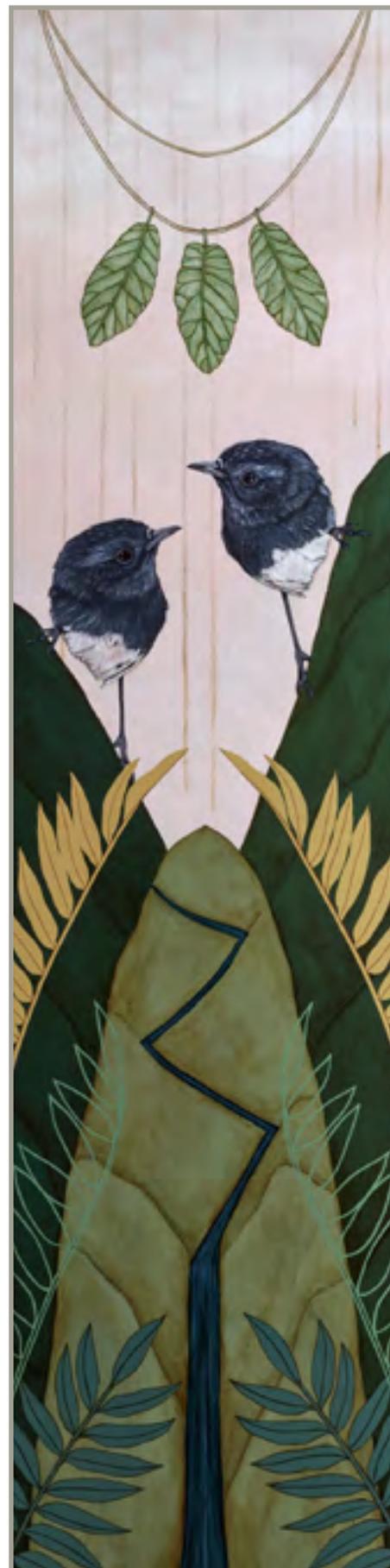
Kate Cowan
A Cosy Afternoon (2018)
 Acrylic on Canvas
www.katecowanart.co.nz



Kathryn Furniss
Saddleback Mountain (2019)
Acrylic on Canvas
www.kathrynfurniss.co.nz



Kathryn Furniss
The Sacred Lake (2019)
Acrylic on Canvas
www.kathrynfurniss.co.nz



Kathryn Furniss
Under the Puka Leaves (2019)
Acrylic on Canvas
www.kathrynfurniss.co.nz



Vicki Charles | *Dragonfly Protects* (2018) | Ceramic | www.vickicharlessculptor.com

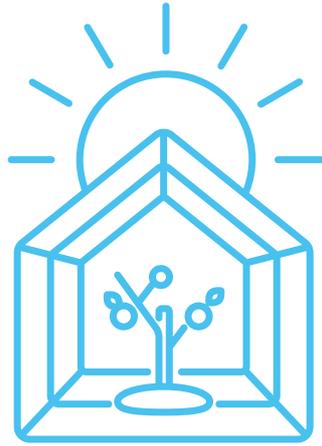


Vicki Charles
Power Within (2019)
Ceramic
www.vickicharlessculptor.com



Vicki Charles
The Phoenix (2019)
Ceramic
www.vickicharlessculptor.com





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Rosie Seek - Florist

The Secret Garden

Ferretti Growers

Gardens of the World

Waimarama Community Gardens

Incredible Edibles

Community Compost

Nelson Seed Library

Amanda's Garden

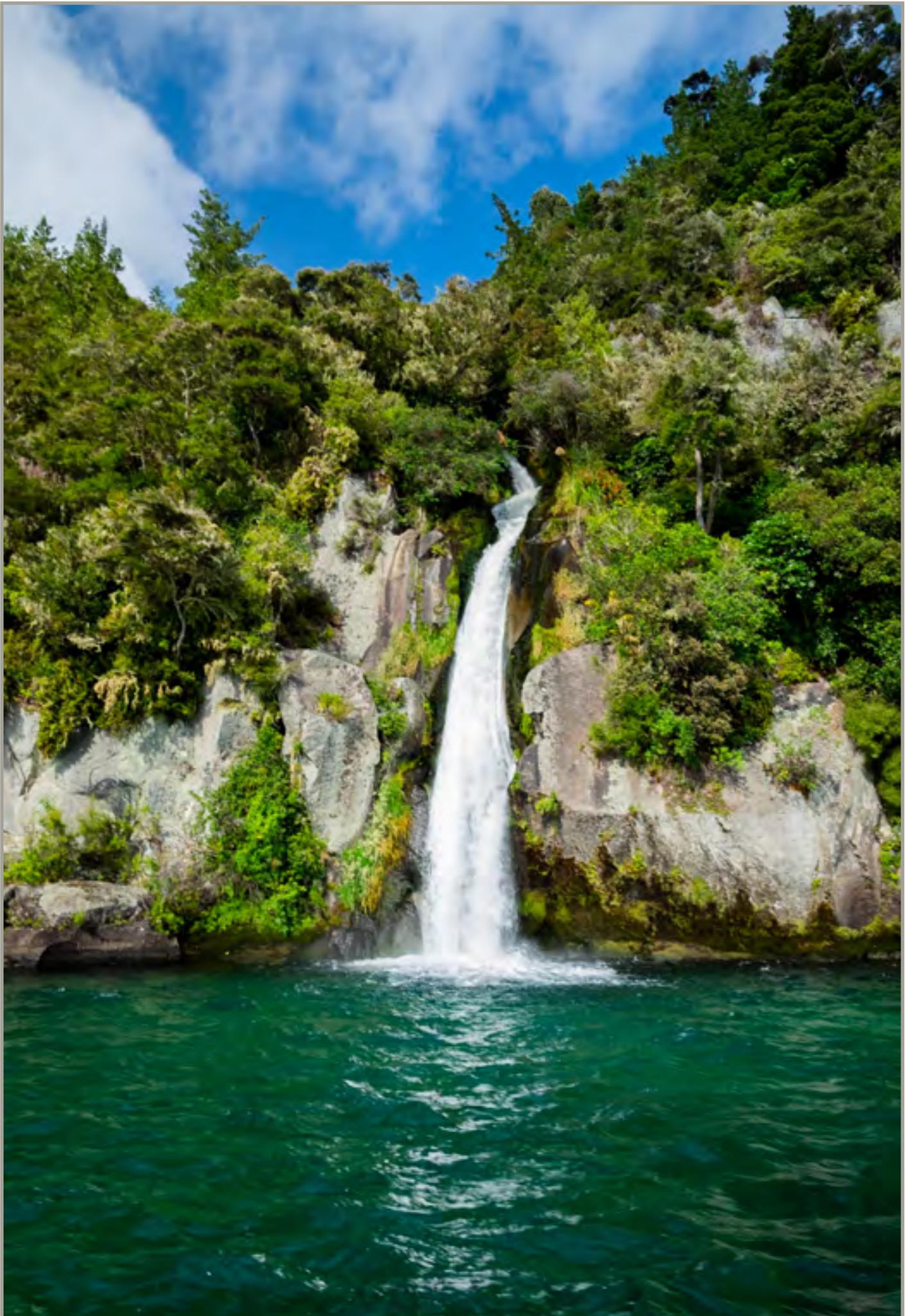
Mary's Garden

Leann's Garden

Sarah's Garden

Nicola's Garden

Ronnie's Garden





Sustainable Business

With Guest **Willow Milligan** from **EKOS**

TOWARDS A ZERO CARBON FUTURE - THE IMPORTANCE OF MEASURING YOUR CARBON FOOTPRINT

Today more than ever, we are becoming aware of how we have reached a point where the human footprint is affecting the earth at a geological scale. Facing this can be overwhelming and leave people in a state of hopelessness. Instead of solely focusing on the negative impacts caused by climate change, it is crucial to take a solutions based approach and be empowered by all the people taking steps towards a low carbon and sustainable future.

We are presently at a tipping point; what we do in the next 50 years will shape what the next 10,000 years looks like, therefore it is crucial to understand where we are right now. We know that to keep temperature rise below 1.5C within this century we need to reach net-zero emissions by 2050. The climate law developed by Johan Rockstrom at the Stockholm Resilience Center maps out what we need to do to achieve this. Exponential change is required, and from 2020 onwards everyone needs to start halving their emissions each decade. This expectation does not fall on large corporates alone and we can't simply rely on the government to make these changes, we all have a part to play.

Carbon footprint measurement allows for effective and focused reduction efforts, therefore it is a great starting point for businesses and households. This measurement process analyses current activities and derives the associated greenhouse gas emissions. Through measuring these we are able to establish our baseline emissions. From here the next step is to think about how we can set reduction targets for particular emissions hotspots and begin to reduce these over time.

For businesses, a suggested model is to measure your previous years emissions; take responsibility for these through offsetting; and then look to reduce what you can over the next year.

One method of **carbon credit production** is through reforestation and rainforest protection. To operate within the carbon market these projects and their carbon claims must be measured, verified and certified. The carbon sequestration that occurs through photosynthesis within these projects is converted and issued as carbon credits. One tonne of sequestered carbon results in one carbon credit. These credits are held in a registry. When a consumer offsets their carbon emissions through the purchasing of carbon credits, these credits are permanently cancelled and are no longer available for purchase (this avoids any risk of double counting).

When purchasing carbon credits, the consumer should be aware that there are differences in quality. Carbon credits can be sourced from industrial forestry projects (harvested at maturity) or they can be sourced from permanent indigenous reforestation and/or rainforest protection projects. Whilst industrial forestry projects have a number of negative environmental and social impacts such as increased erosion, sedimentation of waterways and increased unemployment in rural areas, permanent indigenous projects result in many positive environmental and social co-benefits through the restoration of erosion prone lands, improved biodiversity, climate resilience and economic diversification for land-owners.

Like fair-trade or organic products, carbon credits sourced from indigenous projects come at a higher premium in comparison with the industrial forestry credits. Therefore it is crucial for a consumer to understand the importance of sourcing their carbon credits from indigenous projects.

The core message from us is to:

Reduce what you can, offset what you can't, and join the reforestation and rainforest protection campaign.

For further information on projects, to download a carbon footprint calculator or to measure your carbon footprint, head to www.ekos.org.nz or email the team at ekos@ekos.org.nz.





Conscious Living

With Guest **Amanda Sears**

CONSCIOUS GIFTING

Christmas is a wonderful time of the year for many; friends, family, sunshine, holiday, food... but for some it can be a time of overwhelm and financial stress with the perceived social burden of enforced and expected gift giving - and now with the additional judgment of the level of sustainability or circularity of your gift...

Over the years John and I have begun to live a more minimalist lifestyle; we buy for ourselves functional and beautiful things and think of how it will be used and disposed of. We don't have the space in our home for random (obviously generous) gifts or items that don't actively serve a purpose in our home. This has led to a natural transition in how we shop, purchase and give.

We choose to gift to only our close family and limit the amount per household as our budget allows each year. Our close family don't 'need' things and can buy them if they don't already have them, so we now gift the money allocated to that household to a charity each year.

We do still do birthday presents for close family though; however to reduce waste or unwanted items, we generally gift money - unless they have specified something they would like.

Here are some conscious gifting suggestions:

Charitable giving ideas:

- Give your time: volunteer at a local shelter, animal rescue, community organisation, community garden, church, kitchen, etc.
- Look online at crowdfunding platforms like Givealittle and find a cause that means something to you to support
- Donate towards trees being planted or to a current cause like the Australia fires, etc
- Donate to any community organisation that you feel inclined to, with an amount that feels comfortable and 'light' for you

Gifts that don't cost money but are still valuable, thoughtful and appreciated:

- Handpicked flowers, fruit, veges or seedlings from your garden

- Handmade toys, clothes, artwork, cards, etc.
- Homemade food, meals, sweets or baking
- Make special items to donate to charity

For a gift that costs money (which is completely ok) there are plenty of options:

- A gift card so they can buy what they want or need from somewhere they like to shop
- Money so they can buy what they want or need
- Shop at secondhand/antique stores which often have really great unique finds! You can even upcycle them!
- Buy handcrafted items from artisans and makers or global organisations like Trade Aid
- Gift something functional like a household item, a school stationery item, etc
- Ask them what they would like

Just like with 'love language' people can hold an expectation and self-value when it comes to giving and receiving - maybe people feel more loved to just be gifted anything - maybe people feel embarrassed to be gifted something too expensive. So be respectful when giving or receiving and place no judgement upon yourself or others - we are all different and unique and see experience giving and receiving differently.

When it comes to Christmas, or any time of the year that you feel expected to give something, remember that you have plenty to give that doesn't cost a thing...

You can give:

- Your skills to help someone or a business
- Your love for someone in need
- Your patience and kindness
- Your shoulder to cry on
- Your hand to hold
- Your wisdom and experience...

Most of all, you can give your presence; just to be there for someone, to laugh with them, to experience a moment in time with them and to just be there as you, with them, with no judgement or expectation.

Remember, there doesn't need to be a special day or holiday to give - any day is a good day.



How Does Your Garden Grow?

SPECIAL FEATURE



Gardening can have amazing benefits for our mind, body and soul, so in this edition we have compiled a BIG collection of businesses, community organisations and home gardeners to inspire you on your own personal gardening journey. Enjoy and be inspired!

Tim's Garden

Rosie Seek - Florist

The Secret Garden

Ferretti Growers

Gardens of the World

Waimarama Community Gardens

Incredible Edibles

Community Compost

Nelson Seed Library

Amanda's Garden

Mary's Garden

Leann's Garden

Sarah's Garden

Nicola's Garden

Ronnie's Garden





Home Grown Gardening

With **Tim Morozgalski**

Late Spring/Early Summer! At this time of year we are continuing to put as much as we can in our little vegetable patch. Zucchini's are starting to taking off, we have received much goodness from the broad beans already and the potatoes and yams are filling out their spaces very well.

If you haven't already, get feeding. With everything in the garden producing rapidly and taking what they can from the soils, it's a good idea to feed them extra 'food' and to help replenish the soils.

'Food' for plants can come from a variety of forms. We tend to provide it in solid or liquid states.

Compost teas are a great way of providing nutrient rich liquid to plants, and the soil, in an easy to absorb form.

Some solid nutrients such as manures can take a while to breakdown and be too much too soon so we would recommend turning this into existing soil or adding seasonally.

While plants are flowering they can draw up a lot of nutrients from the soil so you can provide diluted liquid feeds (from your own compost or pre-packaged products) every fortnight or month. This will give them a regular supply during spring and help to build the soil in preparation for the dry summer months.

We've noticed the warmer days are already here, and so will the weeds. It is paramount we keep on top of weeds now. Once they are all well-established and seeding prolifically it is harder to maintain and prevent weeds spreading.

Water during dry spells either early in the mornings or evenings. If you are doing the latter, be sure to water the roots and avoid wetting the plants/tree leaves as this can sometimes help fungus and spores to spread.

The aim is to water at cooler times to give the plants time to take it up; if we water in the height of the sun, the water can evaporate quicker than the roots/soil can absorb it and the water can burn the leaves and plants will often shut down anyway in an attempt to reduce water loss.

Always water with a light sprinkle. We are trying to mimic rain as much as possible. Water poured in large volumes or sprayed at a high rate directly to the soil will cause the top layer to compress

or flood and prevent future water from absorbing as effectively.

This will then prevent the water from reaching our goal, the roots. By sprinkling we are truly soaking all aggregates in the soil allowing the roots and water to be sufficiently covered. The soil, and the life within it, need water so cover it up.

With regards to planting edibles, we are into the best

season for growing. There are no limits, - well maybe check a companion planting guide - pick something you love to grow and find some companions.

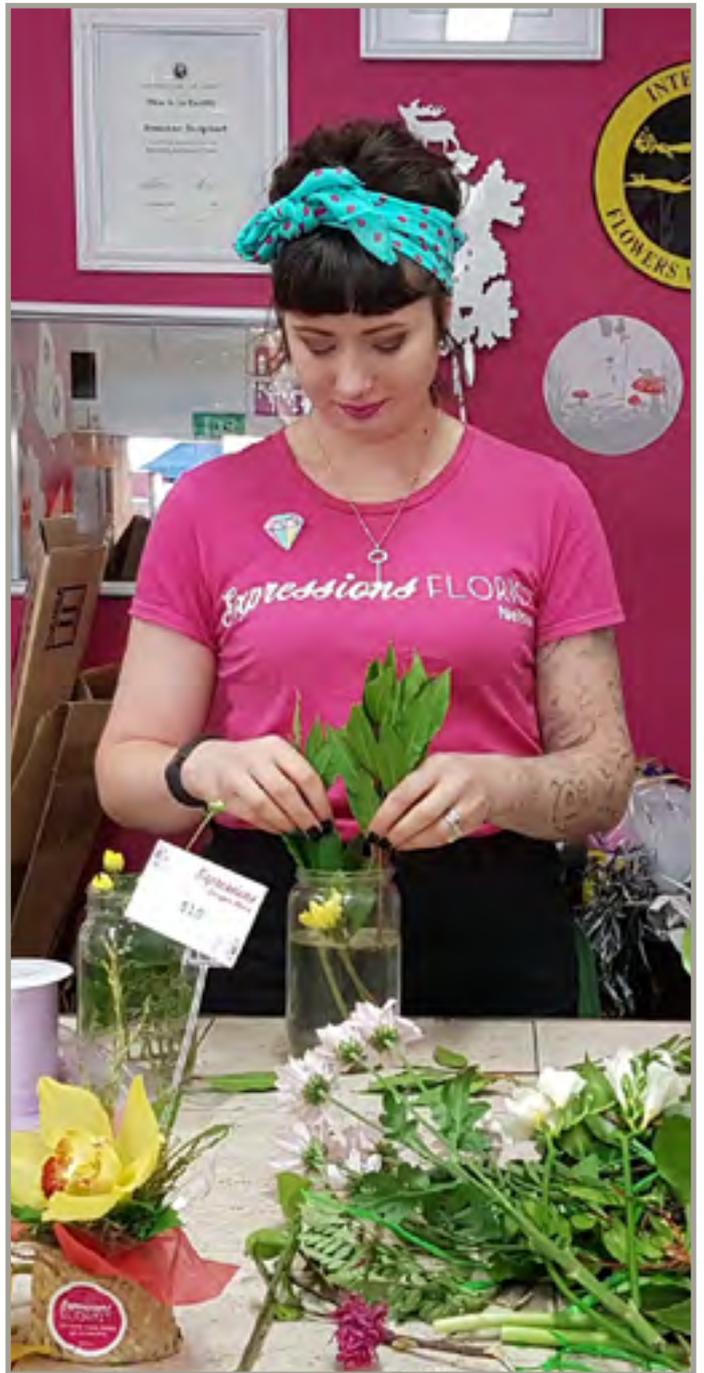
Remember to imagine the final size of plants, i.e. plant brassicas out about 15cm apart. Close enough to keep the ground covered, far enough to allow room for development. Use a fine or medium net over brassicas to keep white fly and caterpillars off. They are very difficult to pick off once harvested as they are the same colour as the fruit!

Please conserve and use water wisely over the next few months, the summer may be dry and our supply is far from infinite.

Stay sun safe and enjoy!

The Tim's Garden Team







Consciously Creative

With Guest **Rosie Seek**

Rosie Seek is a bubbly, energetic and thoughtful florist with a passion for flowers and people.

Born and raised in the UK, she remembers as a little girl, her mum used to have tiny crystal decanters that sat on the mantel in their home that she would fill with daisies she picked in the garden.

Moving to Christchurch at the age of 9, she always loved art and design but getting to the end of high school she had no idea what to do. She had thoughts of University to study art, but went to an open day and they made art sound so boring she was really disheartened. But this didn't stop her and she went onto trying lots of hands on short courses until she went on a floristry one with a bunch of elderly ladies and loved it, signing up to do the full floristry course.

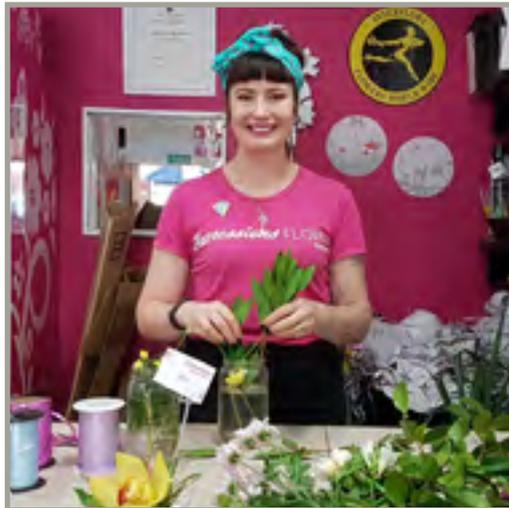
Floristry became a major part of her life after that. Working at a flower farm in Christchurch, learning horticulture, picking, spraying, digging, seasons, grading and more. Whilst it was hard physical work, it set her up with knowledgeable foundations in going forwards in the floristry industry. She then moved into a florist job in Christchurch for a few years before moving to Nelson in 2012. She worked in a florist shop part time and after that, worked at Expressions before purchasing it in 2013.

There are many things to love about the floristry business, but Rosie says she *“loves colour and being around amazing vibrancy all day”*.

She also loves *“getting to meet and interact with a really eclectic range of people from all walks of life.”*

On an average work day, Rosie starts with a coffee and heads into work to open around 7:30am, commenting that *“it smells delicious”*(when she arrives), she then sets up, feeds and waters the plants, blows up balloons and makes up flower orders saying *“It's like being a party hostess, but with nature.”*

If she had to pick a favourite flower it would be the water lily because it closes at night when she leaves and then opens up in the morning when she comes back in each day.



Making work even more enjoyable, she gets to spend every day with her best friend Taco, a 7 year old with a hipster beard who sleeps in a basket under the counter.

“Floristry is emotive, people come in and buy flowers for something, for someone, you need to be able to talk to people and recognize their needs”

Specific skills required to be a florist:

- ✿ Attention to detail
- ✿ An eye for colour
- ✿ A flare for design (Composition, colour, structure and texture)
- ✿ People skills (which are very important)

Advice for budding florists: floristry is a lot of hard work and it's a dirty job because you are dealing with organic matter; and while it is fun and exciting, you need to be prepared to still work hard.

(BTW, Taco is her dog)

Find out more on her website:

www.expressionsnelson.co.nz





Conscious Business

With Guest **Ferretti Growers**

Questions answered by:

Dom Ferretti - Owner and Grower

I moved to Nelson from the Coromandel with my wife and two children five years ago and we are third generation growers. We grow a wide range of fresh, seasonal and certified organic produce which we sell at the local markets and with local delivery service Fresh2U. We won the Organic Week Aotearoa Farmer of the Year 2019 after being nominated by the Nelson Farmers Market.

How do you do business more consciously?

We grow food that tastes great, is good for you and good for the planet - the way nature intended; we maintain good healthy soil using compost and natural farming techniques which means that our plants are healthy, strong and naturally more resilient - growing this way also protects the environment and keeps us healthy.

We grow organically which means no synthetic chemicals, pesticides or sprays. We only use naturally derived sprays like liquid seaweed or liquid fish; which feeds the plant AND protects it from pests. We also use companion planting methods and grow a diverse range of crops in case there is some loss - and this creates a natural ecosystem.

We are mindful of our carbon footprint and try to keep things local; using local input and what is around, which requires less travel. We look after the soil, water and environment to preserve it and enhance it by using sustainable practices.

At our property we have a natural spring and make every drop of water count using efficient watering techniques with dripper tape and dripper hoses that soak straight into the soil rather than going on the leaves of the plant (which can cause mildew or burning) or blowing away in the wind. We also cover the soil to prevent and reduce evaporation.

Selling at local markets means that people can form a relationship with us; connecting them with the grower of the food they eat, the farm it comes from and how it varies throughout the seasons - connecting the line from farm to table.

Describe your unique business attributes:

As third generation growers; knowledge, experience and techniques have been passed down and shared with us through our family, it is in our blood.

My father was a market gardener and so was his father who came over from Italy in the 1900s. Grandad by default was originally a natural farmer who would collect manure from the zoo and coastal seaweed for his garden.

While synthetic fertilisers and chemical sprays as a necessity have become mainstream we see the massive disconnection between what you put in your mouth and on the plants and know just how important it is to grow organically and naturally - which is actually more cost effective, healthier for everyone and will work long term.

"Why would you put poison on your food or let your children run around eating things in the garden that you just sprayed with poison"

How have you found doing business this way?

Growing organically and diversifying crop range throughout the year means we can accommodate fewer losses here and there and something else will do well in its place.

People love what we grow and how we grow it and we really appreciate their support.

Tips on organic gardening:

- Focus on soil condition for healthier plants with better natural protection
- Sow some flowering buckwheat or alyssum to attract beneficial insects into your garden; they will help keep a natural balance so that garden pests are kept under control
- Pick your salad greens in the cool morning when they are at their best and freshest
- Plant nearer the end of the day, or in cooler weather, so they can get established easier
- Water In the morning or evening and use mulch to save water.

Find out more on their facebook:

www.facebook.com/FerrettiGrowers





Conscious Business

With Guest **The Secret Garden**

Questions answered by:

Tamsin Wilson - Owner and Chief Picker

Tell us about your conscious business:

Based in an original 1890s villa in Patumahoe, just south of Auckland on a 4 acre lifestyle block The Secret Garden grows edible flowers, garnish leaves and unusual vegetables for New Zealand and Hong Kong chefs looking for ingredients a little different to the norm.

I fell in love with the villa to begin with which then became the perfect setting for The Secret Garden - which we began seven years ago on a kitchen table-scale, lacking horticultural qualifications, business experience and working capital. However, I had a passion for growing that got me out of bed every morning; keen to see how our plants had grown since the day before... I'm also obsessed by food and respect the passion and talent of people in the hospitality industry.

How do you do business more consciously?

We care deeply about two fundamentals at The Secret Garden: our people and our soil. When they're happy and healthy everything else works.

Eleven talented women (known as 'The Secret Ladies'), grow and harvest our crops. Every day we juggle caring for the people and things we love and together, we've experienced every major life event. It doesn't matter how you spin it modern life is busy, so we choose to work a maximum of a four-day week and each staff member negotiates permanent hours to suit their own lifestyle.

We try to treat our soil with equal care, following the principles of regenerative agriculture; in fact, we are first and foremost soil microbe farmers. We grow by mimicking nature and rely on creating the perfect conditions for soil fungi and bacteria to thrive. They repay us, by releasing nutrients to our plants. We now buy almost nothing to add to our soil and it is much healthier for it.

Describe your unique business attributes:

Being a horticulture business run only by women probably has influenced how the business has

evolved. Our work is painstaking, our product the very highest quality and we nurture 80 different plant varieties. It's not the cheapest product, but we aim to be the best. Without mechanisation we've needed to find smart ways to grow (so we have something left for our families in the evening!). The care and pride our pickers show really humbles me.

We need to lead and innovate, so we research, trial, break the rules and fail a lot. It's fun and exciting!

How have you found doing business this way?

For the first three years I pretended I cared about profit, but honestly it didn't motivate me at all. Compounding this, demand for our product always exceeded our supply which was stressful and caused us to focus on growth, at the expense of profitability. As the business matured and the wage bill grew, a more business-like approach became essential and we adjusted accordingly.

The business has certainly changed me. From being very focused on the plants I love, I've become more passionate about growing people and soil.

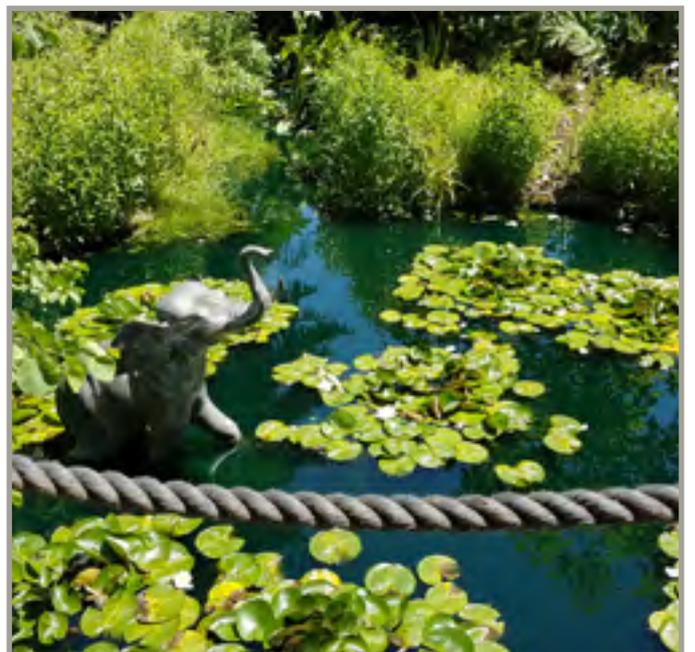
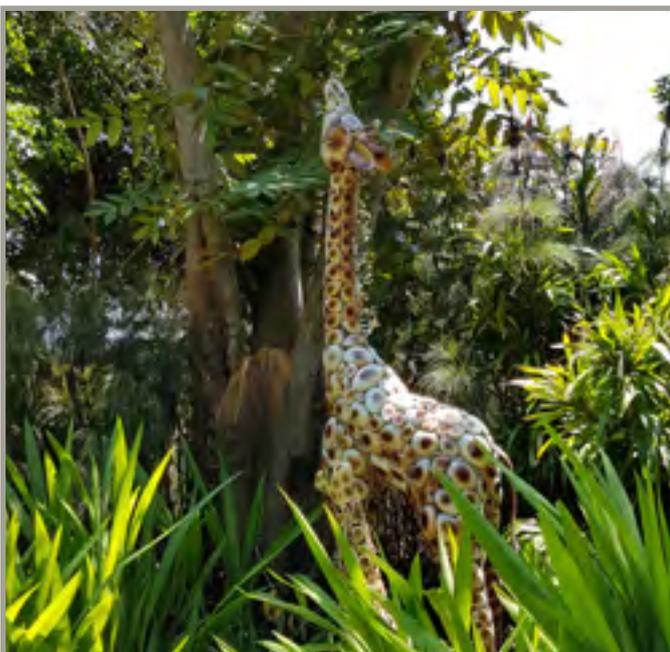
I'd like to think that the garden has touched a lot of people over the years; and the garden has most certainly benefited from them!

Tips on edible flowers:

1. Make sure you correctly identify your plant
2. Don't place flowers from commercial florists anywhere near food and avoid foraging places possibly sprayed with herbicide in the past
3. Pansy, viola, all herb flowers, brassica flowers, marigolds and calendula are a great place to start when looking to use edible flowers from your garden
4. Use flowers whole on cakes or pull petals to encourage people to actually eat them
5. As well as decorating cakes and desserts, edible flowers are great in salads, ice cubes and summer rolls. They can be stirred through flavoured butters and pressed onto soft cheese.

Find out more on their website:

www.secretgarden.co.nz





Conscious Business

With Guest Gardens of the World

Questions answered by:
Chris Day - Gardener

Tell us about Gardens of the World

Gardens of the World was started by Geoff Etherington in 1990. He had enough of growing apples and wanted to chase a dream so he took his granny smith apple orchid and developed Gardens of the World. He took an idea and turned it into a reality. In 2008 he sold the Gardens of the World to the Day family. Since then they have continued Geoff's vision and helped to complete his dream. Sadly, Geoff passed away in 2015. However, the Day family have kept his legacy alive and the gardens have evolved.

Sprawling over 2.4 hectares, Gardens of the World brings together native and exotic plants from around the globe in magnificent parkland.

Laid out in separate zones, the gardens of New Zealand, Australia, Africa, America, the Orient and Europe thrive in immaculately kept garden 'rooms', all of which have been expertly formed to replicate each region's unique aspect and microclimate.

Why was Gardens of the World Created?

It was created as an amenity garden for people to visit and enjoy from around the world. We are very fortunate to be able to house some very rare plants and have some great local nurseries that have helped us expand our collection.

Ways people can enjoy Gardens of the World:

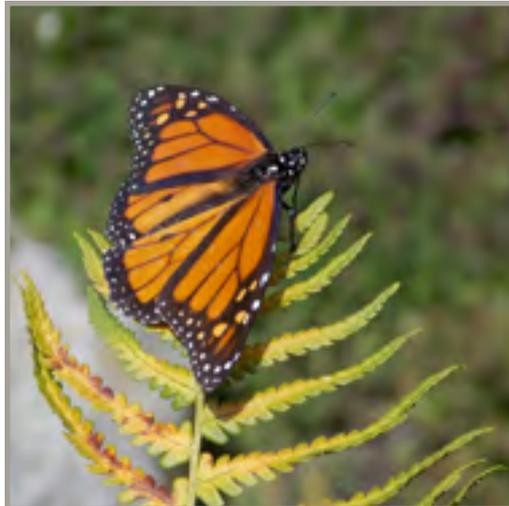
You can enjoy the garden by walking around and absorbing it all in. Another is by packing a picnic, finding a cosy spot and enjoying the sun and the scenery. At Christmas time we see a lot of picnics as we are open 365 days a year. It is a stunning venue for weddings and photography and many people use it for this purpose.

My personal favourite is our Easter bunny hunt

that we hold annually on Easter Saturday for kids; it is fun for everyone and the parents and children get to experience our amazing garden.

Do you have a favourite season?

Each season brings a different value; spring brings in new buds and new flowers which adds a lot of new colour into the garden and is a great time to explore and see what has changed over the winter. Summer has everything in full bloom; the roses are a gorgeous display. It is a great season to get out with the camera, snap a few shots and upload them to social media. We love seeing what people have found.



Autumn brings out stunning colours. Watching the leaves change colour and fall is a great time to sit and reflect before the winter months. Winter shows the silhouettes of the trees and a garden at rest. It is a busy time for us in the garden making sure the plants look amazing for the next season. Then we get to watch our hard work pay off come spring.

Tips on managing your garden:

- Mulching the garden with bark, chip or stones helps to prevent weeds. Making spring a little easier when weeds are prolific
- Deadheading roses, rhododendrons and dahlias helps to produce more flowers which helps to extend the colours through your garden. Just remember to stop deadheading roses towards the end of the season to help with pruning
- Plant multiple types of plants together in beds or in pots. Don't be scared to place your bedding plants with your bulbs to give colour throughout the spring/summer season
- Leaf matter is great for adding nutrients back into the soil. In autumn gather your leaves and place them under your rhododendrons to help give them that extra boost

Find out more on their website:
www.gardensoftheworld.co.nz





Conscious Community

With **Waimarama Community Gardens**

Who We Are:

The Waimarama Community Gardens are Nelson's only public organic gardens. It is open year-round to provide information, workshops and organic produce sales to the community. Everyone is welcome to enjoy the gardens and learn more about organic horticulture through demonstrations, workshops and other events. Garden plots are available for lease to individuals in the community. Organic produce, seedlings and horse poo are available at our sales kiosk from time to time. We aim to provide a beautiful garden environment where people of all abilities and interests are able to connect with nature and learn skills for living more enjoyable, productive and sustainable lives.

What We Do:

We encourage people to come and volunteer to learn about growing produce, to share knowledge, to attend a workshop to learn about, for example, worm farms; to rent a plot to grow their own vegetables and to meet other like-minded people.

We do not encourage people to help themselves to produce in the gardens. If you would like some produce you will either need to give a donation or offer some of your time in exchange.

Why We Do It:

There is much to learn in a garden, about the soil, the plants, the weeds. It is healthy to spend time outdoors in the fresh air, it's therapeutic too where time seems to stand still and you can bliss out amongst the plants and trees. Getting your hands in the soil is very satisfying and the rewards are beautiful healthy food.

How Can You Help:

Contact us if you're interested in having a plot or coming to the volunteer mornings every Wednesday 9am - 12 noon. Located off Brook Street on Tantragee Road, next door to RDA and the new Codgers Bike Hub, the gardens are open daylight hours every day. Contact Sally Rees on 0211709443

www.thebrookgardens.weebly.com







Conscious Community

With Guest **Incredible Edibles Nelson**

About 12 years ago in a town in Yorkshire, UK, called Todmorden a couple of friends got together over a cuppa – as you do over there - They had noticed that their community was isolated and too many people weren't having enough social contact so they decided to do something quite radical to improve the situation. They had a meeting and 60 people turned up. The atmosphere was lively and vibrant.

Without permission from anyone, they planted the town up in vegetables – outside the police station, the medical centre, and anywhere they could find a space.

Incredible Edibles Todmorden was born.

The model has since spread all over the world to many other countries including New Zealand. Their aim is to create a kind, confident and connected community. The people involved are passionate about working together for a world where we all share responsibility for the future wellbeing of our planet and ourselves.

They aim to provide access to good local food for all, through:

- working together
- learning – across generations
- supporting local business

There are no paid staff, no buildings, no public funding. Membership is simple: If you eat - you're in. Donations are the main source of funding, plus money from doing tours of their town with visitors from all round the world.

They grow fruit, herbs and vegetables that are for everyone to share. It's all free.

Events like harvest festivals are held on a regular basis which also strengthen their community.

The Todmorden model is based on three spinning plates: the community plate, the learning plate and the business plate. Just one of these can bring real benefits, but spinning all three together gives a simple and engaging plan of action for a stronger town.

The Community Plate: It's about a community making huge strides forward in a short space of time, making it as inclusive as possible. Food is the language that unites us all regardless of age. The valuable knowledge held by the older generation needs to be transferred to the younger ones so they can learn how to feed themselves in later life.

The Learning Plate. Incredible Edibles gave each primary school an old boat to use as a planter and all the town's primary schools got together to plant their own orchard. The local high school invested in a commercial sized polytunnel where students began growing food for their lunches; cooked by the school canteen staff. Food production was incorporated in the curriculum to help students to understand the importance of good soil and sustainably grown produce.

Business Plate. Blackboards were given to local shops selling local produce so they could advertise it. Sales increased. People began to make the connection between what they were buying and the people who grew it.

Sally (IE Nelson) was inspired when she learned about this from a video online and soon decided to stealthily plant a few vegies around Nelson. The Council eventually heard about it and agreed not to spray those particular places. They had no objections to what she was doing. More recently another non-sprayed location has been planted up with herbs, vege and flowers.

Looking around Nelson it appears that it's a macrocosm of a concrete jungle and it's our aim to transform it into a much greener productive space. Signs have yet to be installed to let people know about the free food available. We need people in our community to come on board with resources, skills and enthusiasm so that Nelson can soon be a kinder, greener more connected community for us all.

Contact: Sally Rees 0211709443
Or join our FB page: Incredible Edibles Nelson
Go here for more info on the original IET:
www.incredible-edible-todmorden.co.uk





Conscious Community

With Guest **Community Compost Nelson**

Around 2 years ago Ben, a local Nelson joiner, noticed the large amount of food waste going to landfill and wanted to provide another option for people and businesses to divert and reduce this - his solution: community compost.

Passionate about the environment he started up Community Compost with the help from his mum and sister; in his Mum's back yard. He began collecting compostable waste from the local market; napkins, coffee cups, food and packaging.

Once his mum's back yard became too small for the amount of compostable waste he was collecting Ben approached Waimarama Community Gardens, and seeing his genuine motivation and empathising with his cause, they rented him a space for Community Compost to expand into.

Two years on, they now service homes, offices, events and local businesses (including Pics, Proper Crisps and Pomeroy's) and have a team of around 20 volunteers, heaps of clean reusable buckets and a van for pickups and deliveries.

Why compost?

- Composting diverts organic matter from landfill
- Composting food waste reduces methane production that occurs in anaerobic environments
- Compost is a soil improver, enricher and chemical-free nourishment for your garden or farm.

Who We Are & What We Do:

We are a Nelson based social enterprise providing an ethically managed food-waste collection service. We deliver fresh, clean buckets each week to homes and businesses and then collect the buckets full of compostable waste as arranged.

Our decisions are based on our Ethical Principles:

- Care of the Earth
- Care of all People
- Care of all Creatures

From the waste we collect, we carefully craft our 'Living Compost' at our Waimarama Community Gardens site in large 'compost cages'.

We use a 'mother/starter' to inoculate the new

heap; which is a mixture of the collected waste and cardboard + wood chips and brown waste from local arborists, which we then cover to protect it from the sun and rain.

We meet international best practice standards with our methods and recipe, including daily monitoring as it is vitally important to keep an optimum temperature for functional organisms to thrive and pathogens to be destroyed.

It takes two months on average for the compost to get to a usable state. Once it has cooled down it first goes to the volunteers then to Tim's Gardens where the public can purchase it; and is also donated locally.

Why We Do It:

- We love the planet and want to do what we can to help it and help others to help it.
- Prevent food waste from rotting in landfill and polluting the atmosphere with methane gas.
- To give life and nutrients back to depleted soils.

How Can You Help:

- Separate your food waste from general waste.
- Start composting or using a service like ours
- Sign up with us to get your waste collected and reduce landfill waste AND help to support our social enterprise
- Volunteer: We train and teach you our method and you get first share of the compost!
- Encourage your employer to sign up
- Hire us for a workshop or consultation
- Donate via our website to support us

Tips and advice for home composting:

- You can compost all fruit, vegetables, nuts, seeds, berries, paper, cardboard and sawdust
- Businesses can compost by using a local community compost collection service
- Home composting options are:
 - Compost bin - most households.
 - Worm farms - if you don't have any garden
 - Bokashi - if you prefer to bury the food waste
 - Community Compost Collection Service

Find out more on their website:

www.communitycompost.co.nz





Conscious Community

With Guest **The Nelson Seed Library**

Who We Are:

Located in Nelson's Elma Turner Library is home to the first public seed library in the top of the South Island. A set of drawers that is full of treasures! We have over 200 varieties of seed in our collection, mostly made up of edibles but with a growing collection of ornamentals, natives and a few exotic species. These are a free resource to borrow and use to grow in your garden and then return seed at the end of the season so they are available again in the following season.

Nelson Seed Library is run by volunteers and works on a self service, trust based system. It is available for anyone and can be accessed any time the public library is open. The idea is that people can take seeds away, grow them, take some for harvest and save some for seed, which is then returned to the library to share with the rest of the community.

What We Do:

We facilitate the free sharing of seeds in our community, developing a reserve of seeds adapted to our area. We promote basic seed saving knowledge and skills and increase the diversity and accessibility of seed varieties all while improving our sustainability by growing local.

Why We Do it:

Saving local seed is what ensures a successful, regionally-adapted, and genetically diverse seed collection that is self-sustaining.

How Can You Help:

- Use the seed library – Every time you use the library and return seed, you are expanding and refreshing our seed collection.
- Sign up to the Nelson Seed Library either online through our website or at the Nelson Seed Library in the Elma Turner Library
- Learn to save good quality seed – Check out our website for some good online resources, read a seed-saving book or attend one of our

seed-saving workshops.

- Promote it to others – More people using the seed library means more people growing and saving seed in our community.
- Become a guardian – Some hard-to-save or limited varieties are given to trusted people to look after. Guardians produce high quality seed for stocking the library.
- Donate – Besides donating new varieties of seeds, which are always welcome, the library also needs financial donations for supplies, envelopes, bags, labels, etc. These can be left

in our collections box in the library or you can make a payment into our bank account (Nelson Seed Library, 38-9016-0689608-01)

- Contact us – If you have some enthusiasm to support this community project, please get in touch. We'd love to hear from you.
- Join us for one of our seed saving workshops.



Things to consider when saving seeds.

- Keep your plants labelled, from seed to seed
- You can save seed from any heirloom (H) or open pollinated (OP) seed
- Consider how the plant was pollinated, does it self pollinate or does it out-cross
- What other plants in the same species are being grown nearby
- Save seeds from as large a number of plants as practical, not all from the same one

Collect seed this growing season and then bring in your seed to share! Try to collect as much seed as you can manage, this allows us to share the seed widely. The quantity will hopefully be sufficient to provide seed to a minimum of 10 gardeners; depending on the type of plant this may be anywhere from 30 seeds upwards - considering a single lettuce plant may produce 30,000 seeds!

Find out more on our website:

www.nelsonseedlibrary.weebly.com





My Home Garden

With Guest **Amanda Sears**

Tell us a little bit about yourself:

I live in Nelson, NZ with my husband John. When we moved into our place in 2013 the landscaping was bare, undefined and overrun with wild trees and weeds. In the last 6 years we have refined it into many little 'pockets of paradise' with functional outdoor environments and growing spaces. John and I are a great team; I design, he builds and I grow - I even designed a seat into our garden so I could spend time with my plants.

What inspired you to get into gardening?

I loved being outside as a kid; nature has always felt like home. We lived in a forestry village in Woodhill which had a community garden and we picked wild mushrooms in the fields. We moved to Rangiora when I was 7 and had a HUGE landscaped section, glasshouse and vege garden that my dad looked after, and I mowed the lawns for pocket money. I worked at a few garden centres over the years but Mitre10 in Rangiora was really where I developed my love of plants! Especially the calceolaria 'ladies slipper purse'. My dad later married a lovely lady who owned a garden centre - so I got to know even more plants!

When flatting and short term renting it was hard to grow my own food, however at each place I treated the garden as my own and my passion and skills continued to develop over the years. In 2012 I did a sustainable living course and bought a great book by John Seymour on Self Sufficiency and in 2013 we moved to Nelson from Dunedin and bought our first home and I got to work on creating our own personal 'Eden'.

How does your garden grow?

I grow mine with what I would call 'organic experimentation'. I let a natural ecosystem happen and monitor the results. Recently I had a bunch of snails in the leaves of my orange tree - they ate the dying leaves to make way for the new growth and then the birds ate them! Our own hedgehogs-in-residence eat the rest. For growth I mainly use seaweed solution, blood and bone, manure, mulch, home compost and love.

What Does Your Garden Grow?

My garden grows dwarf fruit trees (orange, man-

darin, nectarine, lemon, lime and cherry), berries (strawberry, blackberry, blueberry and raspberry), grapes, passionfruit, tomato, zucchini, herbs (lavender, rosemary, mint, lemon balm, pineapple sage), capsicum, cucumber and greens + LOTS of flowers, of which my favourites are hellebores, lithodora star, magnolias and irises.

I also maintain a 'living lawn' made up of what many would call weeds, such as buttercup, clover, scarlet pimpernel, dandelions, creeping mallow, speedwell and daisies; these maintain ground cover over the dry summer and are food for bees.

What is your favourite thing to grow?

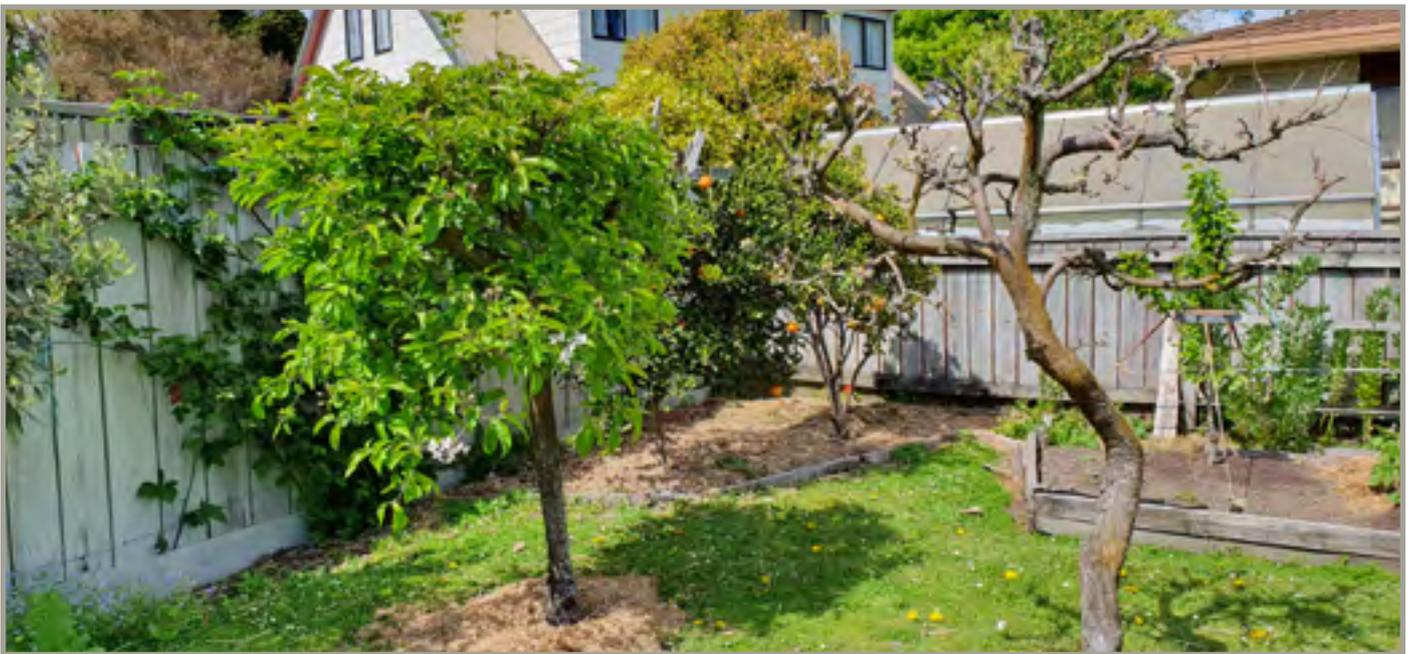
I really enjoy the challenge of growing passionfruit and my 5th and 6th plants are currently flowering! The perseverance is finally paying off!

Have you had any specific difficulties?

Well, it turns out that I am not great at growing things in pots - I just don't have the regularity in watering and feeding that they require. I do have a few indoor plants in pots that have miraculously survived - which I think comes down to their type and hardiness - the rest are dead. I had leaf curl on my nectarine tree, but found out that spraying the leaves with seaweed solution stops that pretty quickly and easily.

Tips and advice for other home gardeners?

- Gardening is a great way to connect with the Earth, to get grounded and relax... it is also a productive and learning environment for kids that will benefit them for the rest of their life.
- Gardening, like life, is a work in progress; don't get hung up on what is needed, just do what you can, keep trying and admire what you have done; there will always be more to do.
- I find an established garden is often easier to maintain than stones, bark or concrete and looks much nicer and is much more rewarding!
- Don't be scared of killing plants! I have killed MANY! Start with something easy, like lettuce and 'grow' from there. (Watering helps...)
- Healthy, nutrient rich soil, full of organic matter from your own home compost makes for healthy, hardy plants and tasty produce!
- Just give it a go and have fun!





My Home Garden

With Guest **Mary Sears**

Tell us a little bit about yourself:

Hello all aspiring gardeners! I live on a quarter acre section near Nelson, NZ with my husband Eric and I am the third generation of our family who have lived in this cottage since 1950! I have more time to garden now that I am retired, and besides pottering in the garden, I enjoy walking, time out in our campervan, cycling, reading, singing in an Off Your Rockers choir and playing the organ in our local church! We are also very blessed to have our son and daughter in law living ten minutes away and often share plants, seeds etc. and our latest gardening stories.

What inspired you to get into gardening?

As a child I watched and helped my mother planting, weeding and pruning in her rambling farmhouse garden in Golden Bay; I especially remember the big blue hydrangeas, rambling roses, fuscias (which I loved to 'pop') and nasturtiums trailing everywhere. My father grew all our vegetables and would give me the job of thinning carrots with my little fingers. He never wasted any nutritious vegetable - even when getting a little stringy and tough! - He would bring in fat-hen, sow thistle, watercress, dandelion and nasturtium leaves for our salads!

I probably follow in this tradition to some extent, but not on such a big scale. Vegetables are my priority, and I have always tried to grow at least some wherever we have lived. I love eating fresh from my own garden. I know where it comes from and it costs less and tastes better!

How does your garden grow?

In recent years I have used recycled boards and wooden pegs to make simple raised beds and paths in the vegetable garden. Having a husband who doesn't throw anything useful away provides ongoing replacements for these, as well as boards to walk on between rows!

In a variety of pots and containers near the back door I love to have some spring colour, and cuttings or seedlings to plant out later. Many perennials such as colourful osteospermum (African daisy) or geranium are easy to strike from cuttings and can be planted out around the garden

to fill in gaps and provide lots of colour. However, *poke into lots of pieces as they don't all strike.*

Although not strictly an organic grower I do try to choose simple natural type fertilisers to feed the soil such as woolshed manure or pellets, blood and bone, seaweed solution, plenty of compost/mulch and a green crop dug in.

What does your garden grow?

In my vegetable garden over a year, I usually grow early potatoes (to beat the psyllids), broad and dwarf beans, sweetcorn, carrots, leeks, broccoli, silver beet, zucchini, lebanese cucumbers, lettuce and yellow heirloom tomatoes. Around the rest of the garden I prefer perennials, flowering shrubs and NZ natives such as Hebe, for ease of care.

What is the favourite thing you grow?

Broad beans are great because they grow easily, produce in spring and freeze extremely well. My favourite in the flower garden has to be sweet pea for picking to enjoy inside, followed by pansies and forget-me-nots.

Have you had any specific difficulties?

With the increase in pests such as psyllids and green vegetable bugs we have had to erect a simple insect proof house using an old gazebo frame, insect netting and short sections of split irrigation hose to hold the netting on, in which we grow our tomatoes, sweet corn and dwarf beans.

Tips and advice for other home gardeners?

I am not a very skilled or scientific gardener - I don't worry about things like pH levels too much. I just plant, watch, see what happens and use the results, good or bad, to guide me next time. If you are the sort of person who gets bogged down with too much information, who thinks they have to get everything right before they can grow a garden - take heart and have a go in a small plot! Try growing spinach or plant some lettuce seedlings. Japanese turnips grow very quickly, small ones are great in salads!

Grow what you love to eat - and ENJOY !!





My Home Garden

With Guest **Leann Walters**

Tell us a little bit about yourself:

I'm a 34 year old single mum of a 3 year old boy, living in Bluff, Southland, NZ.

What inspired you to get into gardening?

I became inspired to grow my own healthy organic food when I started to look into functional medicine & food as medicine - along with the desire to teach my son where his food comes from, how it grows and a respect for nature.

Sharing food is a wonderful way to get to know my wider community and offer free organic food to those who may not have the time or space to grow it themselves. I often swap boxes of vegetables for wild caught meat and seafood.

How does your garden grow?

I grow all my veggies in raised beds and a hot-house; all of which I built. When I bought my house 2 years ago it was 100% lawn!

What Does Your Garden Grow?

I love to grow heirloom and varieties that we are unable to buy at the supermarket. Purple peas, artichokes, purple and green asparagus, beans, rainbow silverbeet, beetroot, brussels sprouts, kalettes/flower sprouts, rainbow carrots, purple

cauliflower, purple sprouting broccoli, painted mount corn, strawberries, grapes, herbs, asian loki gourds, pumpkins, cape gooseberry, scarlet kale, kohlrabi, pak choi, tomatoes, rhubarb and I have some young fruit trees. I also love to grow edible bee-friendly flowers like borage to encourage beneficial insects into my garden.

What is your favourite thing to grow?

Strawberries, because my son LOVES eating them straight from the garden so much.

Have you had any specific difficulties?

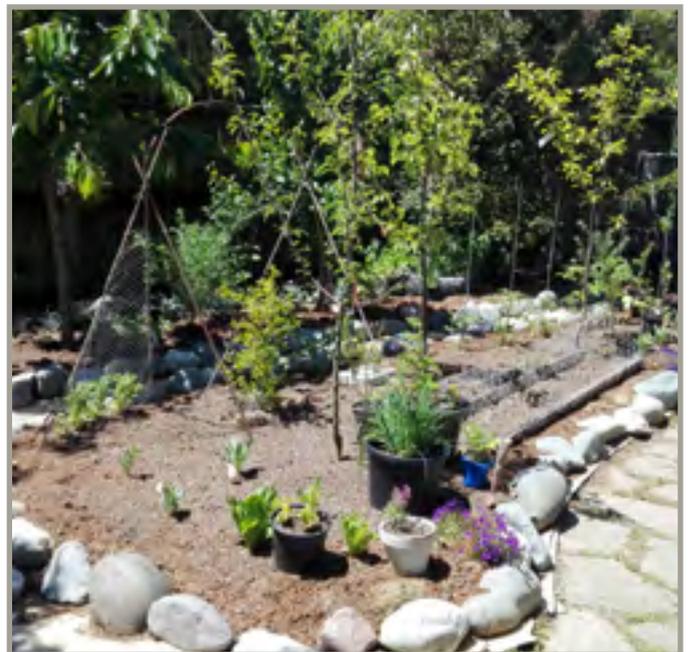
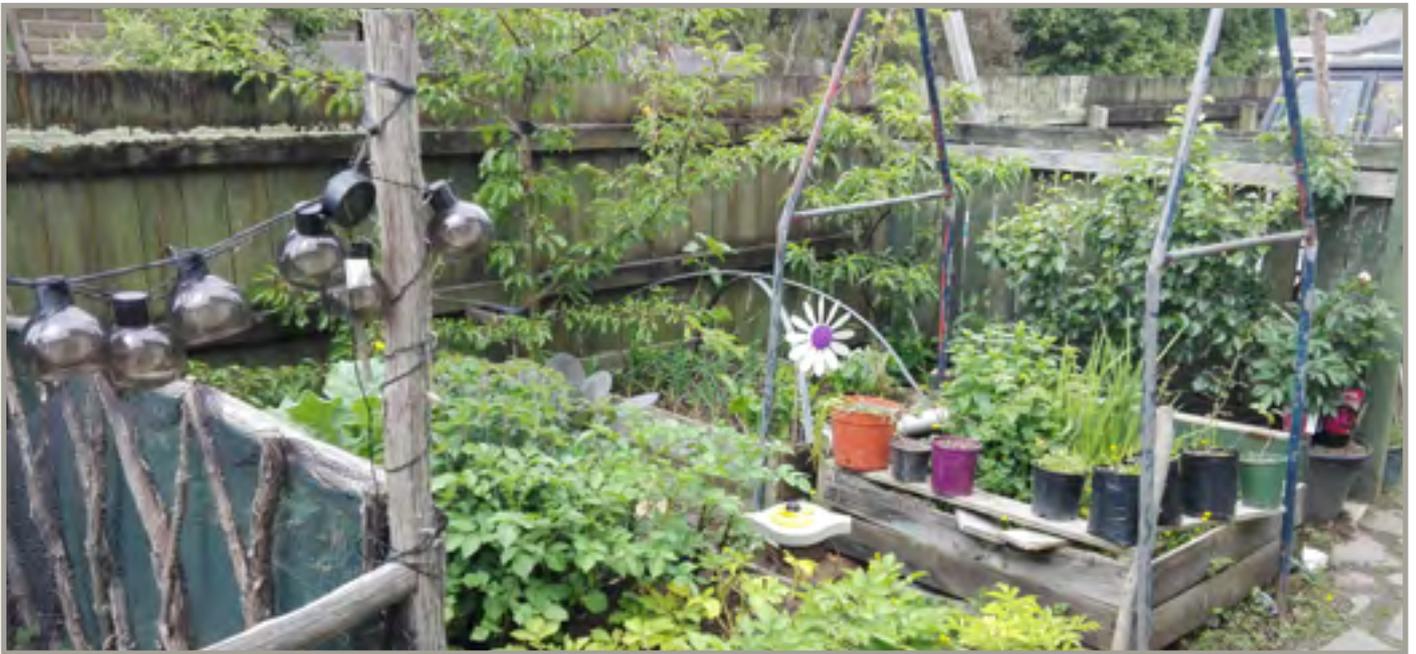
The biggest hurdle I face in my garden is the coastal wind and salt, which limits my garden space as some areas are just too exposed to the wind to grow vegetables.

However I have found that if I plant everything really close together they protect themselves better from the wind.. Plus less weeding!!!!

Tips and advice for other home gardeners?

Just start growing! Learn as much as you can from gardeners in your wider family/community, YouTube, Instagram, gardening Facebook groups and your local community gardens.







My Home Garden

With Guest **Sarah Haycock**

Tell us a little bit about yourself:

I live in Richmond, Tasman, NZ with my husband and three school aged children. Besides busy Mum life, I work part-time at a local nursery, love being in my garden, enjoy baking, craft activities & spending time with family and friends.

What inspired you to get into gardening?

Although I grew up on a market-garden/orchard, had grandparents that enjoyed growing all sorts & my Dad that lives very close by is still growing veges in his backyard, it wasn't until about 2017 when I did a horticulture course that I became more intently interested myself. From there I discovered permaculture and food forests, have read and studied lots on it and here I am today, still learning and discovering.

I love the simple act of watching plants grow and change.

How does your garden grow?

I have a mixture of things going on; mainly because it's what I've managed to gather & I like it.

From half cut down apple-bins & a muscle buoy, very handy heights and an old swing frame I'm going to turn into a wee greenhouse.

My main forest garden is raised beds with stone edging and I often have pots about the place with things in them too.

It's still a work in progress...

What Does Your Garden Grow?

I've got a mix of established & newly planted things, about 10 fruit trees & 1 almond, a few young fruiting shrubs, about 7 different berry types & an array of vegetables coming on.

I also have flowers for the bees (and my own joy), some nitrogen fixers, a couple of native trees that we'd planted some years ago and a heap of

shade loving fillers.

What is your favourite thing to grow?

I love growing edibles; knowing where they come from, that I've grown them myself especially without harsh synthetic chemicals & the joy of gathering things from my garden. I also love the many flowers I'm slowly accumulating.

Have you had any specific difficulties?

Haha, possibly many. I'm not afraid to admit I'm still learning and I don't have all the answers. I still got leaf curl on my nectarine and peach trees this year, it doesn't look perfectly pretty but I'm not overly worried. I must remember to put netting on the berries or the birds will get them all. I'm in a constant battle with couch grass & oxalis and the many slugs and bugs that eat things.

I'm also still trying to get my head around planting seasons, possibly another good reason to put in more edible perennials. However learning

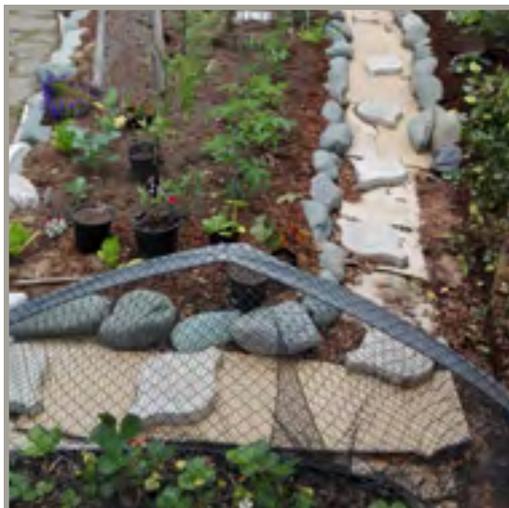
about permaculture practices and food forests has been great, more of that information has stuck in my brain, I'd love to share the ideas with more people and I'm sure eventually I can figure out how to eliminate the 'bad' bugs.

Tips and advice for other home gardeners?

Don't be afraid to just try.

Even if you feel you don't have the space, there are many ways to grow things; from herbs in pots on your windowsill, to small containers outside your front door and if you're renting and feel you can't plant outside research; wicking beds - Something I'd personally like to have a go at.

I also highly recommend looking up permaculture if you haven't already...







My Home Garden

With Guest **Nicola Galloway**

Tell us a little bit about yourself:

Kia ora, I'm Nicola Galloway. I live on a quarter acre with my family of four up the Brook Valley in Nelson City. I am a food writer and culinary tutor and author of four cookbooks.

What inspired you to get into gardening?

We have been living on this property for 12 years. It already had quite an established fruit orchard but no garden beds. A friend initially helped create no-dig gardens and over the years these have been raised and borders built plus more garden beds added. My food is largely inspired by seasonal produce so it was a natural progression to begin growing my own.

How does your garden grow?

A bit of everything, beds, pots, along paths. Over the years I have become more wild in my approach to gardening and allow some plants to go to seed and grow where they land.

We have vegetable gardens, about 30m square including a glasshouse built from recycled windows, plus a micro orchard with 6 chickens scratching and foraging.

What Does Your Garden Grow?

At last count we have around 30 fruiting trees, bushes and vines, including a 30 year old apricot; greengage plum, thornless blackberries, fig, hazelnut, walnut, almond, indoor grapes and 3 prized avocado trees, plus seasonal vegetables and I have been getting into flowers more in the last few years.

I tend to stick to what I know I can grow well, beans, peas, onions, leeks, herbs, sprouting broccoli, silver beet, celery - lots of greens; plus tomatoes, cucumber, zucchini, squash and kamo kamo in the summer months.

Flowers this year include dahlia and mostly for the bees including sunflower, poppies, cosmos, lupin, scabrosia, alyssum and self-seeded blue borage, sweet peas, calendula and violets.

What is your favourite thing to grow?

It depends on the season. I love heritage toma-

atoes, in particular Black Krim and Isle of Capri which I grow in the glass house my husband built 4 years ago - with plenty for preserving, which is one of my areas of food interest. I also always have kohlrabi speckled around the garden. This is such an underrated vegetable but it is so easy to grow and takes up very little space. The whole family loves it - thinly sliced, drizzled with olive oil and a pinch of salt. The best start to a meal.

Have you had any specific difficulties?

I can't grow everything in our valley garden due to the low sunshine hours (winter in particular is very slow) so I'm grateful for the local growers.

After many years growing in one garden area there has been challenges - white butterfly, garlic rust, leaf curl on peaches. Our garden is not immune to any of this. I have found the biggest help is diversity, the more plants the better. This is partly why I let some plants go to seed and then grow wildly. I collect wild flower seeds too and scatter them around the edges of the garden. We have two beehives and they love the wild flowers.

Nature is incredibly intelligent - if I notice an infestation on one plant there is often nothing on the others so I leave the sacrificial plant for the critters. I have also noticed if left alone another critter may come along and correct the imbalance. I think we can be too quick to fix it when sometimes nature just needs to run its course.

Tips and advice for other home gardeners?

- Take a step back and let the garden go a little wild. Watch how it comes alive with life both within the soil and on the plants. It is a beautiful thing to observe.
- Set up a good watering system (I love soaker hoses). Ideally with rain water collection rather relying on council water
- Always mulching to reduce weeds and help the soil retain moisture, we search out spray-free options as well as collect autumn leaves.
- My biggest inspiration for organic gardening comes from Kath Irvine of Edible Backyard (Horowhenua) and Matt and Lentil from Grown & Gathered (South Australia).





My Home Garden

With Guest **Ronnie Martin**

Tell us a little bit about yourself:

I live in Atawhai, Nelson. I am an artist and art tutor. My partner David and I love living in beautiful Nelson and enjoy sitting on our deck watching the sunsets over the bay towards Abel Tasman.

What inspired you to get into gardening?

I have always enjoyed gardens. One of the earliest family photos is of me aged around two with a watering can.

For many years I lived near St. Arnaud where I developed a large garden on the farm property. In the past few years I have been fortunate to travel overseas and visited many beautiful gardens and parks; which is inspiring and interesting. Taking ideas from these and reading widely has helped to develop my own knowledge.

How does your garden grow?

At our Atawhai home the first few years the 'back' garden was simply that; an area at the back of the house where we had a few pots and a couple of small planter boxes. It is the length of the house but narrow at only about 2-3 metres wide. We decided to develop the flat area in front of a retaining wall into narrow beds which I grow vegetables in. I have a combination of pots, raised beds, mussel buoys and a couple of wooden planters which means that I am able to grow far more plants than would normally be possible.

I layer pea straw on top of the raised beds, which helps to suppress weeds, keeps moisture in and then mulches well. I also use coffee grounds and have a compost bin for household scraps and vegetable trimmings. The soil quality is now loose and friable. The secret is to feed, feed, feed and be aware of any sign of problems.

I prefer not to use any chemicals in the vegetable area, so I am constantly reading and trying out alternative remedies for pests and problems.

What Does Your Garden Grow?

Over summer we are almost self sufficient in salads and vegetables. I grow small amounts of many different vegetables. We have beetroot,

beans radishes, brassicas, silverbeet, spring onions, lettuces, tomatoes, potatoes (in sacks), carrots, radicchio, eggplant, courgettes...Herbs share pots with other edibles; marigolds and lobelia tumble over edges and entwine with nasturtiums. One end of the garden has raised beds on a bank and I also use mussel buoys to grow rhubarb and strawberries in. There are grapevines which I train along wires, and other ramblers like jasmine, honeysuckle and a small climbing rose.

What is your favourite thing to grow?

I don't have a particular favourite - I just love the growing of plants. It gives me such joy to watch plants develop and change. I like to look at the variety of leaf shapes, colours and flowers become food for the table. There is a real delight in picking a bit of this or that and creating a wonderful meal to share.

Very early morning will often find me out there in my dressing gown pinching tomatoes and encouraging bean tendrils. This is one of my favourite times of day in the garden. My garden is a quiet haven where I retreat for hours at a time.

Have you had any specific difficulties?

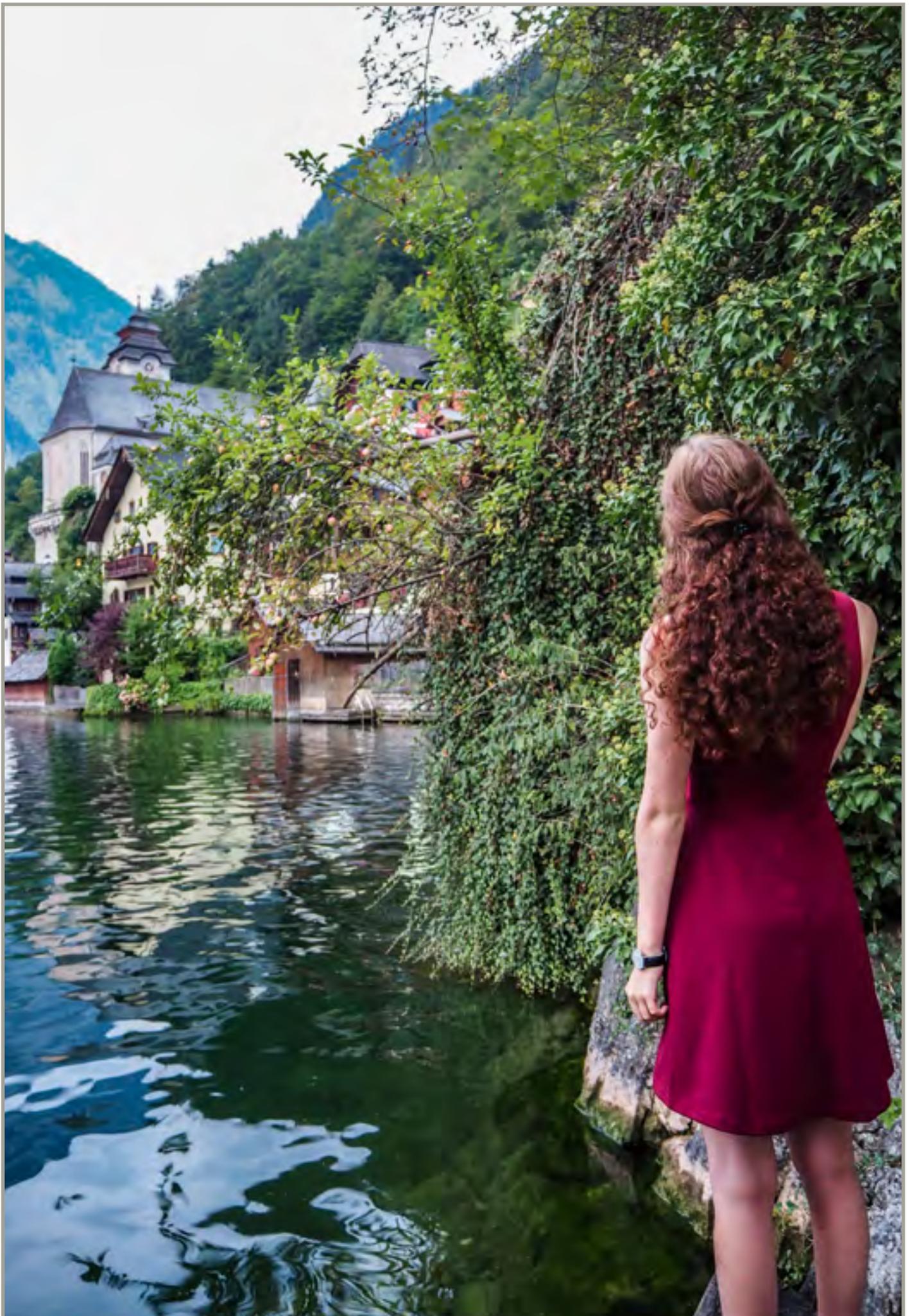
One of the biggest problems in the past few years has been water restrictions. We have addressed this by putting four large barrels (about 200 litres each) at the back of the house and one 960 litre tank at the front. These collect roof water and enable me to keep watering the garden.

The other problem of excessive heat on the plants was helped by building wooden frames over the retaining wall and attaching screens of shade cloth across these.

Tips and advice for other home gardeners?

To just start. Talk to a friend who is keen on gardens for their advice, research on the internet, try a few plants in pots. Developing a love of gardening is about enjoying little things. It is taking time to look and really see, to be 'in the moment' and appreciate small achievements. Encourage children to be part of the process.

Once again I say-feed, feed, feed your plants!





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A Magical Life

With **Elyse Santilli**

HOW TO TAP INTO YOUR FUTURE SELF NOW

From a quantum perspective, your next-level dream reality already exists as a parallel reality – you just have to align with it.

Aligning with it means – believing it is done, becoming a match to the vibration of it, allowing inspired action and synchronicity to flow from that place.

One tool you can use to start to align with your dreams, is to tap into your future self now. The version of you who is already on the other side of where you are – she has already launched the business, moved to the ocean, published the book, or made \$1 million a year income.

You can use this version of you, to start to shift your identity (who you think of yourself as), access higher levels of thinking and creativity, build more faith in yourself and your desires, and receive guidance on what action to take.

3 WAYS TO TAP INTO YOUR FUTURE SELF NOW:

1. Create a vision of the highest future version of you.

Take a note from Oprah, who says: *“Create the highest, grandest vision possible for your life, because you become what you believe”.*

Do you have a vision or intention for your next-level goals, or even your wildest dreams?

Maybe you are waking up with passion and purpose, making an impact in the world, traveling through Europe, having loving relationships, creating a 6-figure business, and feeling aligned and confident.

Imagine the version of you who is experiencing that reality: What are they like? What do they value? How do they spend their days? What do they wear? How do they carry themselves? What is their connection to the universe like? How do they act? What does it FEEL like to be them?

For example – the highest future version of me is a world class coach and author, a millionaire, a goddess; she values freedom, abundance, service-to-others, creative expression, feminine energy, joy and magic; she dresses in chic outfits; she travels regularly in luxury; she is passionate about adding value to the world.

Example of feelings – confident, worthy, magnetic, loving, authentic, beautiful, powerful, flow.

You can start to tap into this vibe now, and act like this person – sip your morning coffee like them, dress in their style, workout as they would.

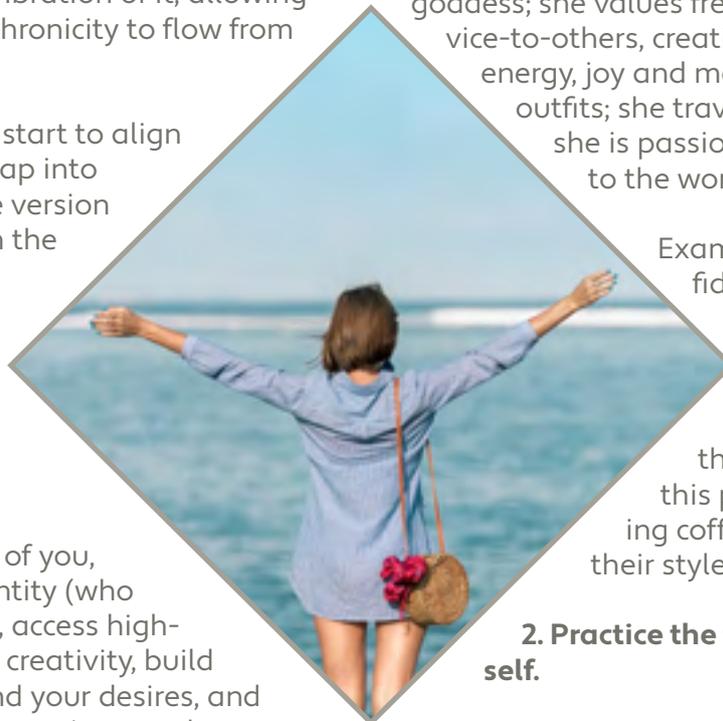
2. Practice the thoughts of your future self.

Grab your journal and reflect on how your future self thinks. What kind of thoughts do they have now that they have already achieved your goals? What do they believe about themselves and the world?

Write down a list of 10-20 thoughts from your future self’s perspective.

For example:

- I am so happy and grateful.
- I love my work.
- I love the person I am becoming.
- I have an abundance of money.
- Creating money is fun.
- I am creating so much value for others.
- I loved travelling business class.
- Greece was amazing.
- I am committed to serving people.



OMG I did it!
I am so worthy.
I am capable of anything I'm willing to do the
work to achieve.
The Universe supported me with synchronicity.
I'm so glad I kept moving forward.
I am in the flow.

3. Ask your future self for advice.

When you are in the bath, going for a walk, or at the gym, you can ask your future self for advice and guidance.

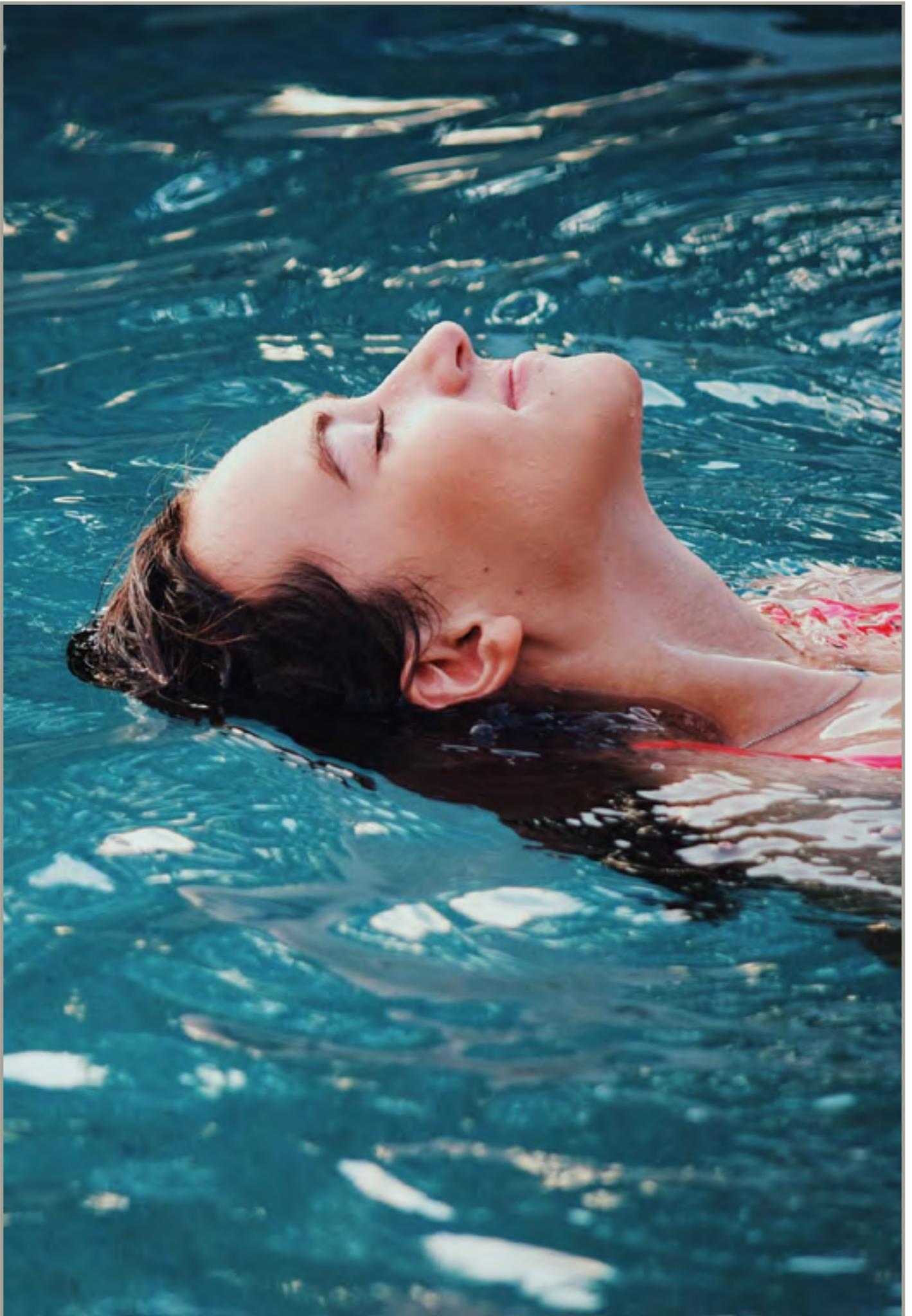
For example: How did you get there? What action did you take? What do I need to do next? How can I believe in myself more?

You might start to have access to insight or inspiration – for example, a vision for your expanded business, an idea for a new course or blog post, an impulse to reach out to an old friend or go to a meet-up, a reassuring reminder that you are amazing and enough, or the 1 next aligned action to take today.

It takes practice, but the more you tap into your future self, the more easily you will be able to access a higher level of thinking and creative solutions, available from their perspective.

Elyse Santilli
Elyse Santilli







Divine Guidance

With **Michelle Cotton**

THE FLOW OF LIFE

While living here on the earth plane there is a flow through each soul's life, this allows each individual to be the person they came to be. It gives an innate essence to assist us to stay in the direction we are meant to flow in.

When you stay in the flow of life as your divine energy is aligned to, you find life becomes a lot more enjoyable and has more ease in all aspects. The direction becomes one of clarity even when you can't see the end destination.

Life is about the journey, not the end destination so if you can get into the flow that resonates to your vibration you will become self-satisfied and whole within.

Obtaining the flow is an experience in itself, most people find they are caught up in the world living the life they have been made to believe is the correct path. When you bring yourself into your own awareness you often find your desires and dreams are in another direction.

If you are filled with love and happy with your life, and not looking for more or seeking insight as to the meaning of life - you most likely won't be reading this article.

People are drawn to the information they seek for the questions they have at any time in life, often leading to others that have the knowledge to assist growth and understanding.

Take some time to ponder your own truth, not the truth you were raised to believe but the true feeling within.

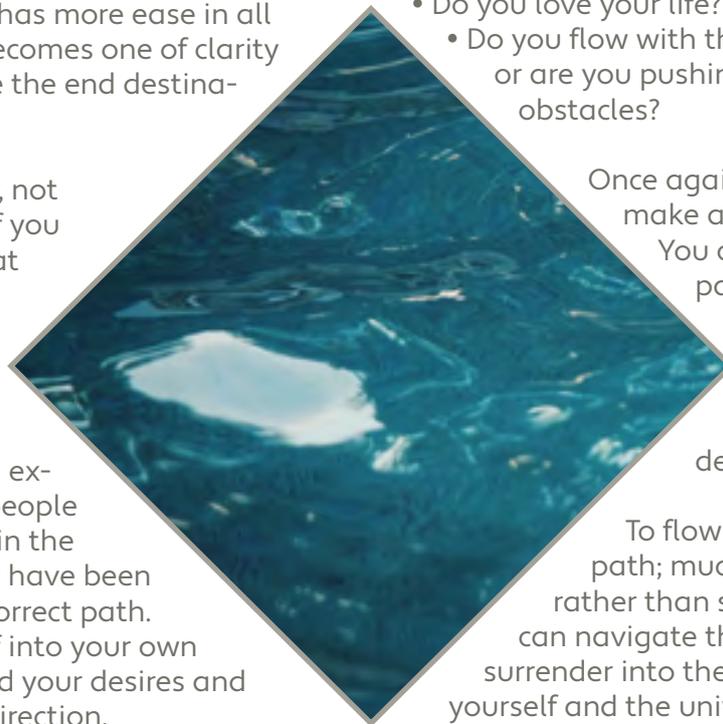
Get in touch with the desires and questions you have inside you; what are you seeking, what do you feel is missing to complete your sense of wholeness within?

Now in this truthful energy, ask yourself:

- What is your purpose?
- What does your soul truly desire?
- What are you really passionate about?

Now look once again at your life and see if your passions are your work?

- Are they a big part of your life?
- Are your desires a part of your reality?
- Do you love your life?
- Do you flow with the energy on your path or are you pushing against it and hitting obstacles?



Once again you have free will to make any choice you wish too. You can continue the same path blindly or flow with your inner knowing and truth in harmony with the universal plan your journey was destined for.

To flow with life is the easiest path; much like floating on a river rather than swimming upstream, you can navigate the flow with ease and surrender into the unknown with trust in yourself and the universal energies.

This is the time in your life when you have all the opportunities for growth and knowledge.

Are you ready to flow with the opportunities in front of you?

To move forward is to be in the flow of life, to go around in circles is about getting stuck.

Live life in the flow and have unlimited Joy.

Bless you all.

Angel Gabriel with Divine Guidance through Michelle Cotton

Pure Vibration



Spiritual Guidance

With **Renae Bailey**

OPENING OUR HEARTS IN TIME FOR CHRISTMAS

The Heart Chakra is the energy centre that joins our lower chakras with our upper chakras. It is the seat of our soul, where we receive our guidance. When the Heart Chakra is closed we are essentially closed to our true self.

The chakra can be closed due to feeling hurt as the result of difficult experiences within relationships, whether they be romantic, friendship or family, and wanting to protect ourselves from being hurt again. What a lot of us do not realise, is that protecting our hearts in that way shuts the heart completely, no longer allowing love in, and also, not allowing love out...

Coming into Christmas and the holiday season is a time when we can be triggered by our 'old stuff'. With all the festivities and family gatherings, the pressure to spend time with people we may ordinarily choose not to, and the societal pressure to take part; different aspects of past experiences, including some which we feel we have healed already, come to the surface to be released. Trust that if you are aware of these triggers, you are ready to let go, and step more into your power, and into your truest self. It is a beautiful opportunity to practice forgiveness toward those who have caused us hurt or pain. Remembering that forgiveness is not for the other person, it is for ourselves - completely and totally for us; enabling us to release our hurts and open our hearts.

There are two ways that I have found to be gentle and powerful to do this. The first is a short meditation that can be done anywhere - although somewhere comfortable is preferred.

Forgiveness Meditation

Close your eyes, and bring your attention to your heart. Slow your breathing and connect with the crystal in the centre of the earth. Allow the earth's love to travel to the earth's surface, reaching the soles of your feet, before travelling up your legs, into your torso, coming to rest in your heart.

Bring your awareness to the light of home/ source, allowing that divine light to enter your body through the crown of your head, travelling down your body, and joining with the earth's love in your heart. Allow this energy to continue down your body, through your hips, down your legs, out through the soles of your feet, sensing as it continues down, and joins with the crystal in the centre of the earth.

Bring your awareness back to your heart, feeling the love from Mother Earth and the light of the divine, combining together and expanding in your heart centre, breathing gently.

Allow yourself to be aware of the person you wish to forgive, bring their energy in, and allow them to sit in your heart. Give them love, and know that you are capable of forgiving them.

Say to them: I forgive you... I release you from the hurt/pain you caused me... I forgive you... I release you from the anger... I release you from the pain... I forgive you. *(If you are not quite ready to forgive today, you can use the phrase "I am willing to open myself to forgiving this person")*.

Open your heart to them.

When you feel the process is complete for today, release them with love.

Repeat the process if there are others who you wish to forgive at this time.

Now, place yourself in your heart. Feel the love and compassion you have for yourself. Say to yourself *"I forgive you for any hurt I knowingly or unknowingly caused others, I forgive you for any anger I knowingly or unknowingly directed at others. I love you (use your name if you wish). I forgive you. I love you."*

Continue to feel the love and compassion you have for yourself, with the knowing that you did the best you knew how, with the knowledge and wisdom you held at that time. Forgive, and love.

When you feel complete for today, bring your

awareness back to your body, feeling your feet on the floor and your seat beneath you. Take a deep breath (or two) and open your eyes when you are ready.

Repeat this meditation as often as you feel guided to.

The willingness to also forgive ourselves is an important part of the process. The more we can practice forgiveness, the greater the healing of our hearts, and the more open and receptive we are to the guidance from our soul. We become more aligned with our true energy.

Ho'oponopono

The second method I have utilised is that of Ho'oponopono. The most eloquent description I have come across is from The Soul Matrix - Steve Nobel on Facebook. He writes:

"This is a cleaning practice where we clean ourselves and erase from our consciousness whatever negativity is not working for us. We are expressing the intention that we no longer wish to suffer from a current or past problem. This practice is based on the premise that the only person we can change is ourselves.

The first step is repentance which includes being responsible for everything in your heart and mind. Your thoughts, judgements, choices and feelings around the situation. This step means saying sorry whether your ego accepts responsibility or not. The second step is to ask for forgiveness regardless of the situation. The third step is gratitude, thank yourself for being willing to engage in this process, thank the Universe for the healing. The final step is that of love. Saying I love you to your body, to your reality, to the Universe. This step is saying it and meaning it."

Ho'oponopono Meditation

Start as above by sitting in a comfortable space, taking a couple of deep breaths, connecting with the energy of Mother Earth, and the energy of Source, allowing both energies to join together in your heart.

Call in your team in spirit; your higher self, the beings of light, archangels and ascended masters to support the process.

Invoke diamond white violet fire also.

Hold the person you wish to reconcile with in your heart, calling their higher self to be with them in this process.

Repeat in your own mind to them:

- ★I'm sorry
- ★Please forgive me
- ★Thank you
- ★I Love you

Surrender everything arising to diamond white violet fire, allowing this fire to cleanse your energy field, clearing all layers, levels, dimensions, and timelines, releasing what needs to be released, allowing more of your light to return... feeling a greater connection to your true essence

Coming back to the person:

- ★I'm sorry
- ★Please forgive me
- ★Thank you
- ★I Love you

Surrender everything arising to diamond white violet fire, cleansing your energy field, clearing all layers, levels, dimensions, and timelines, releasing what needs to be released, allowing more of your light to return... feeling a greater connection to your true essence and to the universe

Repeat these 2 steps until you feel the process is complete.

Breathe deep; opening, surrendering and allowing; thanking this person, and their higher selves, thanking your team in spirit, and all beings and archangels supporting the process.

Take another deep breath, bringing your awareness back to your body, feeling your feet on the floor and your seat beneath you.

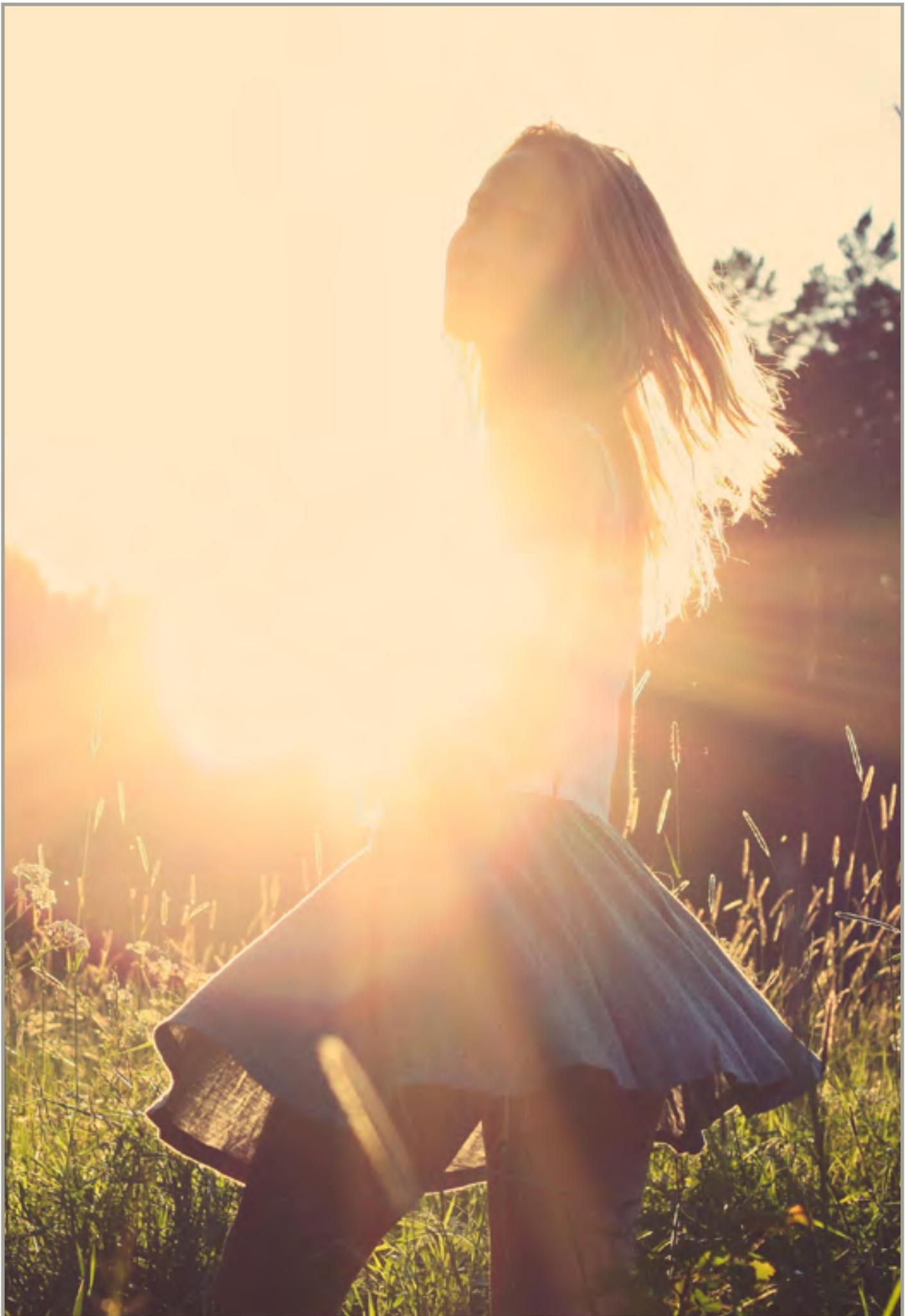
Open your eyes when you are ready.

May you journey into the Christmas season with a full and open heart.

Many blessings x

Rena Bailey
Healing with Rena







Living a Spiritual Life

With Rachel Grace

ENERGY PART 1 - INTRODUCTION INTO SPIRITUAL ENERGY

We have all heard the term Energy healing, Spiritual Energy or Energy work but what exactly is it? This is a question that many of my students and clients over the years have asked but is understood by few. When we think of energy, we think of it in a more practical sense of what is seen, like the flick of a switch and a light goes on; this is, in a physical sense, energy seen with the human eyes, but there is also energy seen with our spiritual eyes and this is the energy that I am fascinated with.

Although Energy can be defined in physics, as the capacity for doing work which may exist in potential, kinetic, thermal, electrical, chemical, nuclear or other various forms; there are many different kinds of energy in the universe which have the ability to do different things. Spiritual Energy on the other hand, is the ability to manipulate and shape the energetic forms not seen with the human eye but mostly felt. Your own Spiritual energy emanates from your body and gives us that radiant glow or aura. Your mind, soul and physical, holds an energy too which is received by others through the way you think, feel, and via your actions; the way you present or hold yourself, and speak. This is your entire energetic self and it has an extreme effect on not only you, but others around you.

Negative and positive energy is commonly felt by us all but the goal is to shift the energy back into the neutral position. Many believe that the goal here is to be positive all the time and to be in a place of love and light as the ultimate goal... but this isn't reality. We are humans living in a 3-dimensional existence and we will encounter negativity wherever we go and these situations can shift us out of balance. We need to understand that we are both carriers of light and shadow and can either place more into one side or the other, or recognise both sides within us all and become in balance in all areas of our lives.

I'm not saying this is easy to achieve but once we are aware and able to see it in perhaps a physical sense we can begin to respond accordingly.

Have you ever walked into a room and it just felt strange? This is energy that may have been left behind from another's conversation or presence. There may also be left over energy from many years ago and perhaps from people that have passed. Mediums, Psychics and Intuitives have the ability to pick up on this energy by manipulating their own frequency to connect and receive information, which is pretty cool right!

So how does this energy work? Imagine you are standing next to someone and they are beaming with joy, telling you about something exciting that has happened in their life - you begin to smile and have feelings of happiness too! They laugh, you laugh, it's contagious and this positive energy is carried with you as you go along your day thinking of your conversation.

Now imagine the same situation with someone negative - every word they speak drains you and you feel yourself during this conversation spiraling down, down into negative Nancy land... It doesn't feel great does it? We take this energy with us throughout our day and we end up feeling terrible even though we began our day happy and cheerful. Welcome to Empath land!

If we could see this particular energy in a physical form, with our human eyes and the effects that negative energy can have on our health and day to day living then I think there would be more emphasis placed on the removal of it and the conscious effort to be mindful of our thoughts, words and actions.

I have seen many times negative energy forms lingering around people in social interactions, house clearings and healings. This type of energy has the ability to manifest like a disease, multiply and create its own 'intelligence'. This is the energy you don't want and need to remove pronto...

Next month's issue - PRACTICAL PRACTICES FOR ENERGY MANAGEMENT

Rachel Grace

Rachel Grace Showroom & Academy



Cosmic Guide

With Guest **Awakened & Empowered Expo**

LONELINESS - THE VESTIBULE OF HUMAN CONNECTION

We have all experienced periods of loneliness in our lives. During this time of evolution, awakened souls are constantly transitioning to expand and co-create new realities. What if times of silence are actually planned by our soul and welcomed as a critical part of our individual and collective ascension timeline?

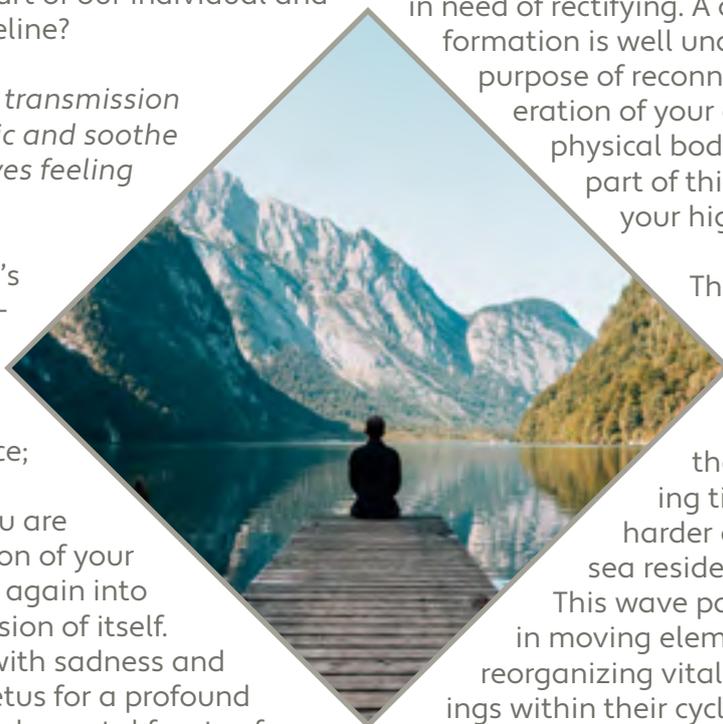
Kwan Yin offers a loving transmission to shed light on this topic and soothe those who find themselves feeling alone right now.

Undeniably, as your soul's path winds and turns, vibrational signals embedded deep within your internal code will awaken a need for silence; a desire to become well acquainted with who you are before the subtle vibration of your true essence morphs yet again into a new and improved version of itself. These times, often met with sadness and judgement, are the impetus for a profound quandary into the most elemental facets of the self that have remained unrecognized; a cherished period of self-discovery through which valuable insights come to light. But how is it that you can decipher the difference between these delicate times of vibrational realignment and the depression and loneliness that are the by-products of emotional and physical imbalances?

To become better acquainted with the self through any window of imbalance is the passage through which it becomes transmuted. So first, we must clarify that, in the big picture, experiences come and go just as perfectly as your Divine plan is written. Looking back at the past to blame decisions that led to this time of silence or to place judgement upon others for the situation you find yourself in, negates the beauty of how your soul has arrived here.

Your human experiences are the gatekeepers of your highest self's vision. As co-creators, the human perception of any experience is the crossroads between its non-physical direction and physical manifestation. So simply, we ask that you are in a state of implicit kindness with yourself, especially at times of loneliness or silence.

It is not the lack of others in your life that is in need of rectifying. A deep process of transformation is well underway for the distinct purpose of reconnection and further acceleration of your co-creative process. Your physical body is a very instrumental part of this screen play written by your higher self.



The body understands that through cycles of time, energy becomes recycled and readied for new activity. Like the motion of an incoming tide, the waves will crash harder and deeper until the sea resides and calms once again.

This wave pattern is instrumental in moving elements of the ocean floor, reorganizing vital nutrients and sea beings within their cycles, as well. The body is very supportive of the soul's unseen journey. It will, at times, succumb to sleepiness, pain, lethargy and emotional upheaval as the player on a sports team knows the importance of its position. This is one of the most misunderstood activities in the evolution of an awakened soul, because the propensity is to judge quickly that which is not pure and in balance, as further evidence of failure.

When the conscious mind perceives failure, all of the senses in the body will begin to look for it; and like a magnet to metal, draw for you direct evidence of the weakest aspects of your DNA signature. The paths of least resistance in the body will then modify their consciousness to that of your own, offering a struggle that you believe you must overcome. But the willingness of your own participation in this struggle is often the

aspect of its purpose that goes unnoticed. For embedded within the struggle to heal the physical or emotional body is resistance to change. Any awakened soul will encounter this multiple times in one lifetime, simply because it is paramount that all humans remember their likeness to the ocean tide, willing to rise and fall at will with universal patterns.

Loneliness comes along not to create an experience of suffering, but to gain such incredible stability in unknown situations that a soul cultivates a true relationship with its God-like self. This God self knows at an intrinsic level that loneliness is how the ego relates to unanticipated change. Through swift vibrational change, your embodied soul can never again be what it was before. This is a mourning period, not unlike what takes place during the transition between life and death. In a sense, times of loneliness mimic the Heavenly passage of a transitioning soul, but in a very physical and earthly way. It is an opportunity to review from a higher perspective your life's journey thus far; integrating all aspects of who you were with who you are about to become.

Loneliness, then, is not so much an emotional state, as it is a state of alchemy; a bridge between realities that is ushering you through a transition from what was to what will be. It is easy to become lost in this feeling and begin to reflect outward at all those who repel your advances of connection and blame them as insensitive or unaccepting. But your spirit self sees this as a gift, for if these humans were to interrupt your process it would not be near as valuable as your higher self is anticipating. In this redirection back to the self, you may feel rejected. But in reality, you are simply being shown the most important connection you are able to cultivate right now.

The vestibule of new human connection constructs itself upon holy ground seeded only with loving and compassionate self-acceptance. This radical self-love is what is needed at this exact point in your evolution to draw more loving souls around you, and come together with them on earth. You have become more adept and available to this higher frequency of love and your soul is calling you to put it into action. As you do, the foundation of a new reality that is vibrat-

ing quickly within the etheric realms begins to ground to the physical earth. And the container for its manifestation becomes opened through your ability to be compassionate, loving and truthful with yourself and others in this moment.

This process often becomes confused with self-care, a term on your planet that takes a very physical definition. The truest form of self-care comes with your ability to hold steady in love at times of separation from friends, romantic partners and family. This does not require a negation of the difficulty of your experience, as truth is an integral part of this passage. It is possible to feel emotions of sadness, frustration and pain, while also loving the self despite it. This Divine Feminine mastery is needed right now for evolving souls to become reacquainted not only with themselves as human, but also as Gods and

Goddesses able to alchemize the deepest form of self-love as a magical elixir of planetary uprising. It is this microcosmic event of personal stillness that mimics the serene quiet before the piercing sound of earth catalyzing into material, rock and elements as it was birthed into the universe.

The rebirth that you are experiencing right now is required such that the entire earth and all of humanity may follow suit.

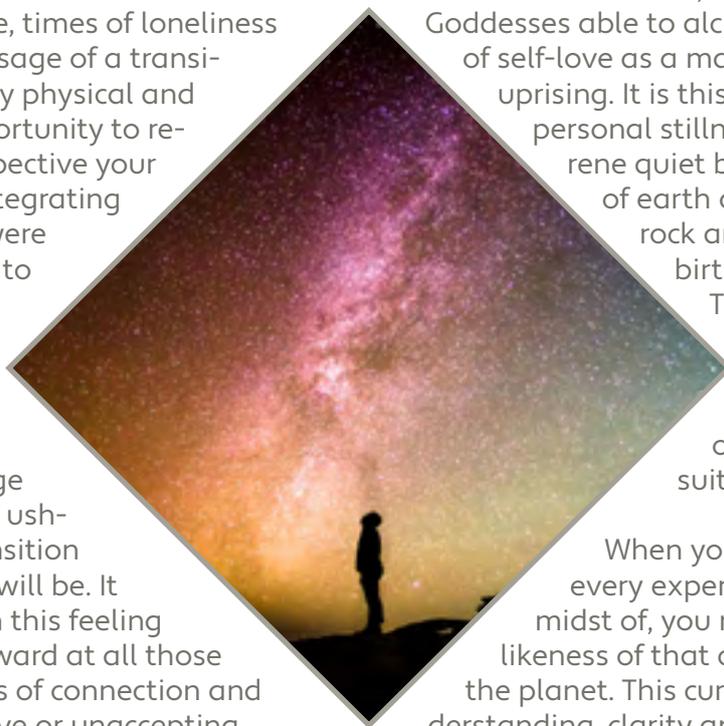
When you become curious about every experience you are in the midst of, you must magnetize the likeness of that curiosity within and upon the planet. This curiosity is the basis for understanding, clarity and awakening; an expansion of perception that relies upon gateways like separation and loneliness for reconnection and co-creation. What you are capable of can only be seen when windows of opportunity present themselves to explore and validate them.

Look not upon these times as validation of your unworthiness, but as a request and opportunity from your collective self that should be relished before the wave crests once again.

Kwan Yin Channeled Through Micheila Sheldon

Awakened and Empowered Expo

www.awakeandempoweredexpo.com/magazine/loneliness

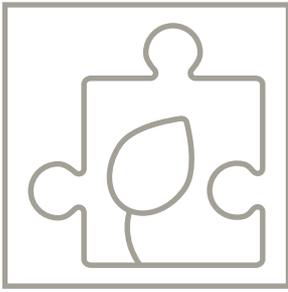






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My Journey So Far

With Guest **Hannah Shaw**

Tell us a little bit about yourself

I am Hannah Shaw - mother of two, wife to Nigel, registered nurse, whole food plant based-lifestyle proponent. I am from Timaru and moved to Nelson to do my nursing degree in 2007 - I met my husband in 2008 and have lived in the region ever since. I currently work at the Wakefield Health Centre and recently completed a certificate in plant-based nutrition. I aim to inspire people via my holistically-minded social media platform "A Nourishing Notion".

Describe the experiences that have shaped your journey

The birth of my second child (21 months after my first) changed my life in a big way. I was sleep deprived, nutritionally depleted and got E. Coli from our rural water supply (took months to figure that out!).

This damaged my gut and as a result left me with a multitude of food intolerances. I felt so miserable with low energy, irritability, joint pains, digestion issues, recurring yeast infections, brain fog and eczema.

All whilst breastfeeding a colicky baby and running around after a 2-year-old with the only support coming from my best friend (who was also suffering from poor health post-baby #2) and my husband (who didn't really understand!).

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

I was on a mission to heal myself, as conventional medicine could not (normal blood tests, "nothing" to diagnose).

I tried many things such as supplements, probiotics, bone broth, energy work, and dietary changes; and spent a lot of money in my quest. But to no avail.

I had stopped consuming wheat, dairy, eggs, refined sugar and alcohol over a period of 2-3 years. My best friend and her husband went

plant-based (mostly raw) early in 2018 after a cancer diagnosis, and I initially thought they were crazy! However, I felt so lousy I thought 'what have I got to lose?'

So, in October 2018 I quit meat and started eating an abundance of fruit and vegetables, wholegrains, legumes and beans, and those ailments that had been plaguing me for almost 3 years disappeared within months.

The eczema still comes and goes, but my skin is mostly clear - I haven't used topical steroids in a year. I can think clearly and have good energy levels. I have also noticed my hair and nails grow really fast. I couldn't imagine going back to eating animal products!

Tips or advice for others on their journey

If you want to obtain better health (for yourself and the planet) eat more plants and reduce/eliminate animal products, as well as processed foods including oils.

Other things to consider for a vibrant life are: sleep, hydration, time outdoors, social connection, yoga/meditation/breath-work, and regular movement.





A Nurtured Life

With **Mariette Zoeppritz**

THE MAGIC OF RITUALS

As the year is drawing to its close a lot of us are preparing for one of the most celebrated festivals of the year – Christmas. It is a time of celebration and for many of us a time of wonderful childhood memories.

When I think about Christmas, I am reminded of the eager anticipation leading up to it... my parent's love and attention to the detail they put into the preparation and the sheer joy me and my siblings felt.

Growing up in Germany, our main celebration took place on Christmas Eve. The whole day the door to our living room would be closed with only my father allowed in the room. He was helping Father Christmas to get things ready. My sister and I would listen at the door as soft sounds of classical music and Christmas carols played inside. In the evening, we would go to church and once we got home it was time for us to enter the living room as a family – the Christmas tree aglow in candlelight, our presents under the tree. And each year there was my sister's play shop, filled with small versions of real food, including the ingredients for our Christmas dinner and there would be my doll's house with a new little detail added.

This time was magical, and we knew exactly what to expect. My parents had created a Christmas ritual for us that was both predictable and extraordinary. They created heart-memories for us, memories that fill me with joy and love to this day.

Christmas to me is a reminder of the power of ritual and it is not just at Christmas that we can bring rituals into our and our children's lives.

There are other yearly rituals such as New Year, birthdays, Matariki (Maori New Year) or Easter. And then there are rituals we can bring into our

everyday life which brings joy to us and creates a large supply of heart memories for our children to draw from.

These everyday rituals can be created around mealtimes, sleep times, or any other daily event that brings you and your children together.

A ritual we like to do at the centre I work at during the colder months is foot spas for the children. These foot spas allow us to connect one-on-one and for the children to indulge in the feeling, smell, and overall atmosphere of the experience.



Another ritual happens at our mealtimes, each of which we make special through the use of a candle and flowers. These bring a sense of beauty, peace, and love to this time of coming together. It is also a reminder to us adults to slow down and be in the moment with the children.

As Thich Nhat Hahn states *“Ritual isn't about doing a routine mindlessly. It is a way of building something good into your life, so that you don't forget what's important. Done mindfully, a ritual can remind you to be conscious. Done mindlessly, a ritual is meaningless.”*

So let us use this time leading up to Christmas to remember the rituals that filled our lives with love, harmony, joy and magic and think of ways that we can bring magic, joy, love and peace to our children.

Mariette Zoeppritz
Seeds of Peace NZ



Embodied Awareness

With **Alison Elsberry**

TRY THESE SENSORY TIPS WITH CHILDREN FOR BETTER SLEEP

There are some helpful things to know about the energy of sleep and the reasons why a child may not be sleeping well and easily – or at all.

Sleep happens when the brain and body find a calm, relaxed state of being - which sounds pretty simple... yet that can be really challenging if a child is feeling anxious, stressed or overwhelmed; or they're feeling wide awake and super active.

Think of a revved up engine. It needs time to slow down and cool off. Children benefit from the same chance to naturally unwind and re-balance. That's why it's important to invite a child's senses into their overall sleep experience and bedtime routine. It's one of the best kept secrets when it comes to having more restful sleep.

Tapping into the senses (like sight, smell, touch and movement) at bedtime can be fun and also very supportive for settling into the body with greater peace and ease. So here are a few tips that can help support better sleep:

1. Slow and Calming Movements

Swinging in a hammock or porch swing can be relaxing and soothing. Slow, rhythmic movement is best for calming (think rocking chair).

You'll want to avoid fast movements like spinning, as they tend to wind up the nervous system instead of slowing it down. Kids yoga poses (gentle ones, like child's pose, cat/cow, etc...) can be great for stretching the body and grounding energy right before bed. If a child has a hard time switching gears to a calmer state, they may just need a longer wind down time or need a stronger activity that helps their body get the message to calm down (like jumping on a mini trampoline paired with rhythmic counting or singing).

And remember, sometimes kids just need to have a good cry or a simple conversation, letting their emotions move and their body re-balance.

2. Soothing Scents

Lavender essential oil is a great scent for relaxation and can be easily sprayed around the room, put into a diffuser or even placed on a cotton ball near a bedside table.

Rose petals have a soothing scent and energy (especially white ones) and can release their magic when placed under a pillow with intention or prayer.

3. Dimming the Lights

Slowly turning down the amount of light exposure and stimulation a child receives from the TV, computer screens or overhead lighting can make a BIG difference in preparing their brain and body for sleep.

The eyes take in energy from technology and lighting which can be arousing and over stimulating.

Night lights, salt lamps, candles, lanterns, etc... are great ways to introduce soft and low lit environments before bed, especially if you read a bedtime story or have a heart to heart connection right before sleep.

4. Nourishing Touch

A warm salt bath (with sea salt and Epsom salt) can help clear the energy body and soothe the Soul. You can even add essential oils or crystals to the bath water (like amethyst, rose quartz, blue lace agate) that have a gentle and soothing effect.

Snuggling, firm bear hugs, a back rub or even foot massage can also help a child feel more relaxed and safe to slip into a dream state.

5. Clear the Energy Space

This one tip alone could make a huge difference in a child's sleep. Clearing the energy where they sleep at night can help create a safe and supportive space.

Burning sage, using a singing bowl, crystals and other cleansing techniques can help set a healthy and loving space in the room for peaceful sleep.

Kids love to astral travel at night and can benefit from calling in their Angels, Masters and Guides of the Highest Light to surround and protect them. Asking the center of the Earth to ground their room and to ground their energy can also provide a sense of safety and security during sleep time. And simply asking the Angels to blanket a child in a peaceful slumber with Love is an easy way to ask your Spirit team for help.

You can try using all of these sensory tips together for a fun bedtime routine, or just try 1 or 2 of the tips and see how it works.

There are millions of ways to get creative with sleep and keep in mind that a child's preferences and needs can change on a daily basis.

Children know better than anyone what their body and Soul need. Just ask and then trust what you hear and see.

You'll honour their energy and their senses while trusting yours, and hopefully, you'll both enjoy better sleep!

Alison Elsberry
Embodied Brilliance





An Empowered Life

With **Rose Aitken**

FIVE SPIRITUAL PERSPECTIVES TO GET YOU THROUGH THE HOLIDAY SEASON WITH MORE EASE

With Christmas and the New Year almost upon us, it's not just the poor or elderly that can be feeling miserable. It's often people in their 20s, 30s and 40s who may be feeling it. They may have no family, dysfunctional families, be depressed, broke, sick, or maybe their friends are away, leaving them more isolated than normal.

That sensation can be highlighted by the thought of everyone else excited and happy. It's easy to imagine others as part of big, loving, fun groups of people, enjoying presents, nice food, places and good times.

Everything that would usually serve as a distraction may be shut down over the holiday period as well. This almost amplifies those aspects of life that maybe aren't serving so well, or that feel empty and unsatisfying.

If you recognize yourself in some of that and it feels hopeless, please know, it can and does get better. This is an opportunity to create your life differently. There are things you can do to have a different possibility now and in the future:

1. Recognize you are a soul having a human experience

You may be feeling detached from, separate and unsupported by others because of the way our society and families operate, but you are never alone.

You are surrounded by beings without bodies who love and support you. We all have a 'team' that is around us at all times, we are just not taught how to be aware of them, notice them or even how they communicate with us.

Just knowing this can ease the pain a little and give a sense of a bigger picture. Your soul is way more than the sum of your human suffering in this lifetime, but we come here without a memory of what was before. We can feel cast adrift, confused and lost as a result.

There is a bigger picture at play and there are experts who can help you gain more understanding and peace with your emotions and inner journey.

Reading some books by Doreen Virtue, going to classes or workshops can be a good start. Many begin with learning to meditate or journaling to connect with their spiritual capacities, their inner wisdom or higher self. There are many local groups or videos online which may help.

2. Understand we choose our parents, the body we are in and our challenges for each life time

If things seem overwhelming, it may be that you aren't acknowledging the potency of you. We aren't taught how to do this, so it's not surprising when this happens.

We never get challenges that are bigger than us.

It can seem that way when we are ill equipped with the right tools and skills to cope. Perhaps we aren't connected with our resilience and/or we are surrounded by those who are unkind, neglectful or ill equipped to support us.

If you are encountering difficult and prolonged challenges, on some level, you are able to cope with them and part of your soul purpose for this lifetime is to out-create and expand beyond these.

Sometimes we need guidance on how we can accomplish this and to explore fresh perspectives, knowledge, information and ways of doing things.



Being comfortable NEVER got anyone to examine their spiritual capacities, look beyond what they already know and ask bigger questions.

If you are asking those questions, there is a reason. That is something to celebrate and get excited about.

3. Stop seeing yourself as a victim and do things differently

Often we may experience things we don't know how to handle when young which may leave us feeling stricken, vulnerable or traumatized. Or our role models and family members may be chronic victims or have chaotic personalities. We then absorb this way of looking at the world and can begin to experience this as our truth.

We aren't born with a manual for handling this reality, nor do most of us get to learn about consciousness before we are thrown out into life. However, it is never too late to unlearn dis-empowering perspectives and connect with our own guidance and wisdom.

Empathic people may struggle more than most with their extra level of awareness. When others dislike them or are judging them is often overwhelming.

Your empathy is actually a super power once you know how to use it for you and not against you. As a recovering empath myself, I know it is infinitely possible to have a happy, easy and potent life.

You can actually have some pretty cool advantages, once you know how to create that way.

Go and do an empowering workshop in the New Year, seek out some coaching sessions or some new personal development practices.

4. Take two more steps forward

Whatever that looks like for you, just take those steps...

Whether it is taking a nice bath, imagining something you are looking forward to, cleaning the house, having a clear out, eating your favorite food, posting on Facebook, calling a friend or visiting the library.

Maybe it is going for a walk, seeing a movie or

listening to something soothing and good for the soul online.

I highly recommend Matt Kahn, Bentinho Mas-saro or Esther Hicks channeling Abraham if you are looking for upliftment, new knowledge, comforting vibes and inspiration.

5. Never give in and never give up!

You are way more powerful than you know and way more magical and capable than you have ever been lead to believe.

Unfortunately most of us are entrained to unconsciousness and fear through our conditioning, rather than empowered to find the greatest expression of us and to operate from there.

Whatever is bothering you whether it is situational or deeper than that, it can change. You can change it with the right tools, knowledge and support and with self awareness and determination.



We are taught to believe that we should accept our lot in life, but this is a lie of magnitude.

If you are fed up it's because you know something greater is possible for you and for the planet. If you don't fit it, it's because you are probably here to help build a better, new world.

There is such a different possibility available to us all, once we start to undo our programming and look at things from our own potency. That takes some work, but it is the real job we are here to do. It's not about paying the bills till we die.

You are a beautiful soul, you are here for a reason and I would like to thank you for stopping by and reading this.

Rose
Rose Aitken

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



Healing Modalities

With Guest **Noreen Macdonald**

BIORESONANCE

Over the last 20 years I've studied a variety of modalities in the natural health field. I heard about Bioresonance when I met Helen Loveday who was co-owner of The Loveday Clinic in Nelson, NZ. I went to see her in desperation as I had a very bad infection that wasn't responding to anything else. I kept asking her questions about what she was actually doing to me and I instantly became fascinated with the Bicom machine as it picked up things in my body that made a lot of sense to me. I then studied Bioresonance Therapy with her and went on to buy her business.

How has this modality changed your life?

It has enabled me to find some of the root causes of imbalances in my body and for my clients also.

As a practitioner it enables me to find which stressors (food allergies, chemical sensitivities, heavy metal toxicity, infections - bacterial, viral, fungal, parasitic, electro-magnetic frequency stress, hormonal imbalances, stress, chakra and meridian imbalances) that may be affecting the person.

Our bodies are self-healing. When you cancel out stressors like these from the body, then the body is able to more effectively do this.

About this modality:

Bioresonance Therapy uses a Bicom machine, originally developed in Germany by physicists.

It works on the premise that everything that exists, all matter, exists because it has a measurable frequency. This is based on quantum physics.

I find the disturbing frequencies (the stressors listed in the above question) and use the machine to cancel these frequencies out of the body.

The Bicom machine has many supportive programs for all of the organs, muscle-skeletal system, nervous system, skin... in fact every system of the body.

No matter what illness a client may present with, I go through a full check of the systems of the body by reading from their meridians with an electronic acupuncture pen, which gives me a good overall assessment of their organs and systems.

There are hundreds of programs that can assist to re-balance the body. The aim is always to cancel or invert frequencies in the body that are disturbing. The cells and organs can then release accumulated toxins and metabolic waste.

I use the Bicom machine for absolutely everything.

Symptoms in the body are the body's way of expressing disharmony.

Instead of suppressing symptoms, you can use the machine to bring the body back into balance by eliminating what is originally causing the actual issue.

How do you feel about this modality for healing?

I think Bioresonance will only continue to become more well known. One issue I think we have is the overuse of antibiotics and medications. Let's take for example the development of superbugs (bacteria and viruses that change their structure in response to medications).

Surgery in the future may be quite dangerous if these bugs continue to develop. Bioresonance could play a vital role in controlling pathogen load in the body.

I have seen many clients who come to me completely disheartened with the medical industry. Don't get me wrong, they have their place too.



However, clients are presenting to me after years of getting nowhere.

I don't believe that suppressing symptoms is the key to good health at all.

Modalities like Bioresonance look at the whole person and treat the whole person. We are all individuals and need to be treated in that way.

Who do you think could benefit from this?

Everyone can benefit from Bioresonance Therapy.

I have had success helping clients with allergies, hormone issues, digestive complaints (of every kind), stress, skin issues and the list goes on.

If you have never been the same since... an infection, an accident, a stressful situation, chemical exposure, getting mercury fillings or root canals. Anytime someone says I've never been the same since, there is generally a stressor locked in the body that needs to be cancelled out.

Last words about your healing modality...

If you are struggling with your health and feel like you have tried everything else, please give Bioresonance Therapy a go. It can be a key to discovering underlying causes of your ill health that other modalities may have missed!

Noreen Macdonald

Natural Living

www.naturalliving.co.nz





Sound Matters

With **John Du Four**

PART 6

Songspinning the web of your life.

I remember as a kid getting my first electric guitar. I had a few lessons from my sister's boyfriend who showed me how to make basic chords like G, A, D and E in major and minor. Then I was on my own. So I practiced a bit and got capable enough to strum a few tunes. I figured out pretty early on I was never destined to be a guitar virtuoso. I had neither the natural gift nor the overwhelming determination to succeed that would see me develop the kind of digital dexterity good guitarists' hands require to enable them to clamber over frets and strings like a spider on steroids.

Still I've never let lack of a particular talent hold me back for long. I found a way to be musically creative.

I realised I could make up songs to sing along with my simple chords. Songs which I never realised at the time but now know allowed me to explore far more than simply making music. Through my sung words I could discover how I felt about things. Things I could get my head around, but also my heart around. Things I noticed going on in the outside world – and in my inner one. I could devise stories and create characters, other personas that unlocked new or different ideas. I could walk in different shoes.

In my Sonic Boom series of workshops I've seen how some of the most intriguing sessions for participants, sometimes their most challenging but also often their most rewarding, were the ones devoted to 'Songspinning.' So I thought I'd outline here some ways you might explore weaving your own webs of musical storytelling.

It's all about singing, giving voice to your musical self. You don't even need to play an instrument to accompany yourself. After all, history is crowded with a capella music where the only sounds are human voices alone.

Let's start off by saying what Songspinning is NOT: it's not telling yourself you can't sing, or you

have no sense of rhythm, or can't hold a tune, or any of those other self-sabotaging lessons far too many are fed from their youngest years.

If you speak, you can sing; if your heart beats you've got rhythm. This is not about performance or crowd pleasing, it's simply for your own wonder and exploration. Anything goes. YOU make or break the rules. It's your totally selfish moment!

This might help you get started ... the three Ms: Message, Music, Magic.

Message

Songspinning is all about the message; your words. They can be string-of-consciousness stuff, where you just let them out as they come to mind, fly free, hang in the air in the moment, then be gone. Or you can write them down and play with them, refine them. Build upon them and keep them as a touchstone of this point in your life. Both are valid.

Tap into your passions. Love – found or lost – is always fertile ground. Good 'ol relationship stuff. Or maybe your inspiration might come from someone you know and what they're going through. It can be a complete fiction. I've even played with singing the words from a newspaper or magazine article, just for the fun of it – you'd be surprised in how putting a tune to it and playing with the tempo (especially slowing it down) can somehow make it work as a song!

Try making up a story about an issue you want to explore.

Say, for example, it's about climate change. Maybe sing about the fires in Aussie from a homeowner's point of view, or from someone in the Islands where the Pacific waves literally wash at their door.

They can be simple, they can be repetitive.

You'd be amazed at how many exotic sounding folk songs in languages other than English actually translate into the funniest little tales. I once sang in an a capella global music choir. We took many practices to perfect a musically quite

complicated Bulgarian song which told the story of an old man asking a young maiden to dance with him at a village dance. She refused because of the silly hat he was wearing. And that was it! Hardly earth shattering. But oh, did it ever sound beautiful.

Music

Part two of the equation. No tune, you've got a poem. Add music, you're Songspinning. Keep things nice and easy if all this seems new or challenging to you. Simply create any tune that seems to go with your words. Or if you want to, unhesitatingly steal the melody from any song you already know. Even nursery rhymes are fertile ground. Remember, you can speed things up, which may suit an upbeat mood or story, or slow them down, if the vibe is a more sombre one.

Your tune doesn't need to be complicated. It needn't jump all over the place (unless you want it to). It can be as simple as three notes that just repeat throughout the entire song. This can be particularly effective if your tale unfolds like a ballad – a long and involved story. The more in-depth the storyline, the better it can be to keep the melody uncomplicated, with few musical surprises.

Or you could go the hip-hop/rap route and speed the delivery up, play with the rhythm and pace of your delivery, and use loads of rhymes. Or try modelling the blues style. Or country and western. A gospel song. Even taking the melody from a current TV ad is fair game.

Of course, you might know how to play an instrument. Great. Don't hold back. Simply sing along with it (unless it's a wind instrument!).

Remember, you don't need to be a Clapton or Bach. You can even accompany your words simply with the beat of a drum, or an empty box, the padded arm of a sofa etc. (Hint: the lower the pitch the better for singing along with).

And never underestimate the power of a drone – a continuously sustained note. Just holding down one key on a keyboard (even a kid's Casio set to 'Strings'), or repeatedly playing one string on a guitar or ukulele, or slowly repeatedly hitting one key on a piano, will work fine. Simply try to match that note with your voice and then explore moving above or below it, before finding your way back 'home'. Drones work brilliantly.

Then again you might have a friend who plays music. Why not ask them around for a bit of

fun, being creative together? This may seem a daunting thing to do, but truthfully, most musicians I know are incredibly generous, and often looking for new inspirations. Many who can play an instrument beautifully, struggle with actually creating songs.

Magic

Okay, this is a bit of a cop out (but the two M's didn't sound so impressive). The third M is Magic.

The magic kicks in when the Message and the Music come together as one. Each has the power to beautifully elevate the other. You know when that magic happens. You feel it when the two 'click.'

Songspinning. Give it a go and see what it unlocks in you. Because what it does best is celebrate the amazing diversity of who we are in our world around us.

It's a magical alchemy. Celebrate it!

John Du Four





Well Being

With **Sarah Noble**

MENTAL HEALTH

Mental Health. How do these words make you feel? Do they make you feel uncomfortable? Do they make you feel anxious, stressed? Do they make you feel like you are crazy, if you talk about your mental health not being so great right now? Do you feel judged when you speak about what's going on in your head?

Talking about Mental Health is still taboo, it's still stigmatised. Because of this, many people are suffering alone, in silence, for fear of speaking up about how they are feeling. They are struggling, and it's because as a society, we have deemed it not "normal" to speak about the battles we have inside our own heads.

It's imperative we normalise the conversation around Mental Health.

Every time another person feels empowered to reach out when they are struggling, to share how they are feeling, they empower another to do the same. A ripple effect is created.

We don't think twice about talking about moving our body, or what we are eating – yet, our Mental Health is there with us, everyday too.

It is a completely NORMAL part of being human. Some days you feel positive, happy and energised, others you feel sad, negative and lethargic. That is ok! We all have good days, we all have bad days. We all struggle, we all lose loved ones, we all go through heartbreak, we all have triggers. We are all the same, we are all connected. The only difference is some people choose to openly speak about what's going on in their head, while others do their best to hide it.

Why should you speak about how you feel? Why should you ask for help and support when you are struggling? Why should you pay attention to

the conversations happening in your head?

Other than that ripple affect we touched on earlier, you get to know yourself better, you learn what triggers you, what stresses you – so you can then be aware of those things and deal with them better when they arise. You feel happier, more joyful, healthier, clearer, more authentic, when you are not fighting with yourself in your own head.

You realise you get to CHOOSE what thoughts to believe (because thoughts WILL come, but they don't have to stay). You realise you can be more Mindful, and create a gap between stimulus and response, so you can choose how to react to life's ups and downs, rather than reacting automatically in a way that may not make you, or those around you feel good.

There are MANY reasons talking about our mental health is beneficial, but, the most important reason is the improvement in your relationship with yourself – the longest relationship you will ever have!

These outdated ideas of "it's weak to cry" and "harden up, everyone else manages" (fun fact, they don't!), are not serving us anymore. It's time to create a new narrative. It's not weak to speak, it's incredibly brave.

Asking for help and support is essential, we are not meant to travel through life alone.

The human species is designed for connection, we crave love. Let's give it to ourselves first, and watch that ripple affect spread.

Let's BE THE CHANGE!

Sarah Noble
Mindfully You





Mindset Matters

With **Angela Cheruseo**

EXPECTATIONS AT CHRISTMAS

The Christmas holiday season can often put an extra and unnecessary strain on your relationship. Family violence goes up and relationships can end – so instead of being a time of fun and relaxation hanging out with friends and family, it can be a time of stress and financial strain which can lead to arguments, disappointment and resentment. So...

Beware that you are not setting yourself up for failure due to the huge expectations to get everything exactly right:

- the right presents
- the right food
- the right mood
- the right Christmas events to attend
- the right gifts for your children’s schoolteachers and everyone else
- being the right daughter/husband/child/parent
- being a good host and creating a great atmosphere

If you are one of those personality types that must have it all just right, don’t assume you know exactly what your partner expects or wants to be doing over this time

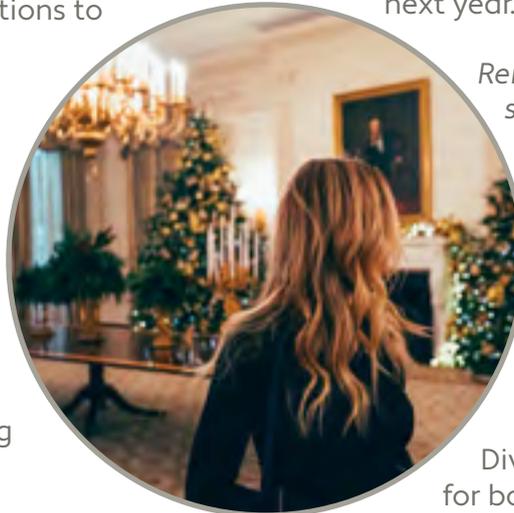
A few pressure points to be aware of:

1. The pressure of time in terms of all the above expectations
2. Managing your finances over this time and different attitudes towards spending you both may have; especially if you never set a budget amount prior
3. The cost of Christmas parties – in terms of money, time and maybe even your relationship if your trust in each other is damaged
4. Staying with extended family and/or having extended family staying with you
5. Spending time with children who may not be your own
6. Spending time with children or adults who may not behave the way you’d want them to
7. Deciding with which parent the children should

spend their days (if you and your partner are separated or divorced)

8. Your children not being with you on the days you’d have wanted
9. The influence of alcohol – on your partner, on you, on your guests
10. Deciding on what events or family activities to attend.

There may still be enough time to review your Christmas arrangements. So decide what you’re definitely going to do differently this year or for next year.



Remember: if you always do the same thing, you can’t expect a different result!

There is still time so begin open honest discussions, plan together and come to some form of mutual agreement and compromise. Respect your differences.

Divvy up the tasks and make lists for both or all of you to make clear who’s responsible for what.

Consider telling your family and/or friends in advance if required that this year you may do things a little differently

Lastly If your partner (or someone else) hasn’t fulfilled their task, whatever you do – don’t go on about it! It’s not worth a row at that time.

Lower your expectations and be grateful for whatever it is good and goes well for that day.

Make a point of looking out for those positive things.

Angela Cheruseo

Angela Cheruseo NZ

(Original Blog Posted by Angela 21st October 2019)



A Balanced Life

With **Sarah Jensen**

A FEW GOLDEN BUSINESS NUGGETS

Boundaries

In anything you do, you get to set the expectations. People will only ever expect from you what you let them expect and you get to set the ground rules or boundaries.

What does that mean? Making loving choices that serve you (so you can best serve your people) and then communicating that clearly with your peeps.

Essentially - what can they expect and when can they expect it?

And that doesn't mean locking yourself into plans and schedules that feel constricting.

It could be as simple as saying 'I send emails about once a month' or 'you'll hear more from me on this in the next couple of weeks' or 'I'll pop back into your inbox with an update when I've got more details to share' or 'if you want to receive more goodness like this, come hang in my email community, here's how to do that'.

Lovingly make it very clear what action people should take - give them one thing to do and don't be afraid to tell them what to do - and make it quick and easy for them to take that action.

You Do You

In everything you do, in everything you create, in every decision you make, there are two things to ask yourself - is this me? And, does this help my dream client?

You're creating FOR them from YOUR heart.

And yep, everyone's got ideas and advice and their own way of doing things - but your busi-

ness is a blend of all the things that make you awesome, brought together to help others, so test drive approaches if you need to, but land on what YOUR way looks like through loving experimentation.

And if an idea or suggestion someone makes is an instant "no" that's AWESOME - it means you're tuned into you, your business and your community.

Stay tuned in - it will take you far.



Love The People You Have

Nurture them, and share your best information, experience and tips with them. Love the absolute shiz out of them and they will spread the word, and your community + business will grow.

Yes, there are practical marketing things you can do, of course, but at a foundational level if you're showing up and being the most awesome you can possibly be for the people who are already in your world, and they're loving you and what you share, you will attract more amazing people who think you're awesome too.

So stop focusing on more followers, more likes, or even more clients, and do your absolute best for the clients and community you already have.

Sarah Jensen
Sarah Jensen



Soulful Business

With **Sabrina Weber**

SLOWING DOWN TO SPEED UP

You know what lovely, sometimes we just need to slow down in order to get things done. Agree?

I mean how on earth are you going to get anything done properly, with meaning and passion if all you seem to be doing is catching up, just keeping from drowning with a head so full of confusion because there is zero space for you to listen to your soul?

Yeah, yeah, keep lying to yourself...

Keep pretending that you are fine, you've got this. After all this is just what 'adulting' is about, right?

Wrong! You do have a choice! But it's yours to make.

Allow yourself a time out. Claim the right to refill your own cup!

Sometime maybe just over a year into motherhood, I remember a friend asking me if I am making sure to fill my own cup too... I laughed hysterically and replied that "the only cup in my life that's full is my Moon Cup!!"

It was kinda funny, a good joke. But really it sucked. I felt like a wilting flower having all the life sucked out of her and I desperately needed to hear what I am telling you right now.

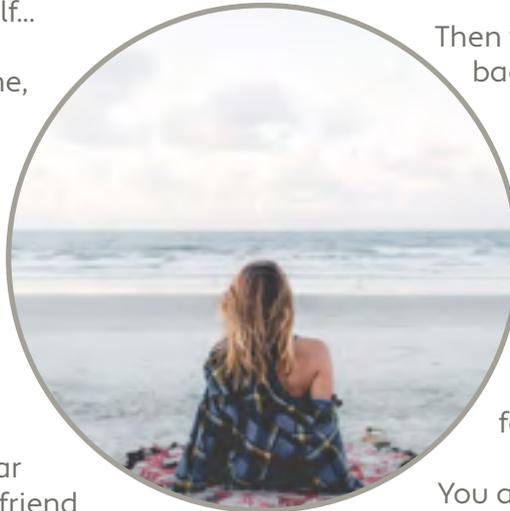
That it's ok in fact *required* for you to claim yourself back, if you ever want to REALLY move forward and REALLY create that OTHER LIFE YOU KEEP DREAMING OF.

Do you really think that by keeping on and keeping on and burning that candle on both ends, that anything magical or remotely fulfilling is going to come out of it? Yeah, nah....

And look, it has nothing to do with what your exact situation is.

Maybe you need a break from motherhood like I did, maybe you are working waaayyyy too much, still believing that mad hustle is the answer to all glory, maybe you are trying to kick your side hustle into gear... Whatever it may be, what I know for sure is this:

IF YOU ARE FEELING FRUSTRATED,
EASILY IRRITATED,
YOU DON'T SLEEP,
OR YOU DON'T EVEN REMOTELY REMEMBER
WHO YOU ACTUALLY ARE....



Then you really need to take a step back and slow down.

Remove yourself from the picture, take an outside perspective.

Create space to think, listen and follow your soul.

What exactly that looks like for you, only you know.

You are so worthy of this.

Be bold and claim your rights, the world won't end.

Your people will be fine.

Let go....

Just for a moment, then start remembering who you truly are.

Live Big!

Sabrina Weber
Sabrina Weber



Nourished by Nature

With **Charley Ainscough**

SUMMER SNACKING

Summer time and the living is easy...

It certainly feels like Summer is finally here in New Zealand. It always surprises me how quickly Spring comes and goes, and just like that the temperature rises. The sun graces us with its warmth once again and with that comes a change in the way we eat.

I love how the Summer allows for eating lighter meals. The delicious aromas of BBQ's filling the air around dinner time. The wonderful selection of fruits and vegetables that we find in our local fruit and vegetable shops and also the supermarket.

What I love most about Summer is in the heat of the afternoon pulling out a nutritious and delicious cooling ice block from the freezer. Ice blocks are a wonderful way to naturally cool the body down whilst still getting some nutrition. Happy days. The opportunity to get creative with flavor combinations really is endless. I especially love nothing more than the fusion of raspberries and mint. The chia seeds naturally add some

protein and the coconut water will help with hydration. So what's not to love. I was also thinking today how this recipe could also be frozen into ice cube trays and added to a glass of soda water filled with ice for an extra delicious and nutritious treat.

RASPBERRY, MINT, HONEY & CHIA ICE BLOCKS

You will need

- 2 cups (250g) fresh or frozen raspberries
- 10 sprigs of mint
- 1 cup (240ml) coconut water
- 1 tablespoon raw honey
- 1 tablespoon chia seeds

How to

1. Place all the ingredients into a blender.
2. Whizz until smooth
3. Pour into your ice-block mould
4. Add your ice block sticks

Freeze overnight for the best results.

Charley Ainscough

Charley Chop Chop





Sweet Treats

With **Sarah Sears**

HEALTHY CHOCOLATE BROWNIES

These are actually healthy chocolate brownies!! No lies.

They are packed with protein and are low sugar which makes these the perfect treat to pop into your kids school (or in my case Kindy and my own) lunch box.

These healthy chocolate brownies are also dairy free and gluten free and are incredibly quick and easy to make. What's not to love about these brownies?!

As a mum of a toddler who is extremely picky about food, I have to get creative with ways to pack protein and other goodies into her diet. That's how the recipe for these brownies came about.

They are insanely delicious and hide the flavour (and texture!) of the banana, almonds and eggs so well that she genuinely thinks she is eating these brownies. Which just goes to show how tasty they are. And the texture of these are also incredibly moist by the way.

PREP TIME: 10 mins | COOK TIME: 25 mins
SKILL: EASY | SERVES: 16

INGREDIENTS

2 large ripe bananas, mashed
3 eggs
60g (1/4 cup) white sugar
50g (1/3 cup) cocoa
60g (1/2 cup) ground almonds

METHOD

1. Preheat oven to 170C (340F) and line a 20cm x 20cm baking tin with baking paper.
2. Mix together the banana, eggs and sugar until well combined.
3. Fold in the cocoa and ground almonds.
4. Pour batter into prepare baking tin and bake for 20 minutes.

Sarah Sears

What Sarah Bakes





Feel Great Food

With **Lee Holmes**

DEBUNKING DIETS

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

Paleo Diet

In the Stone Age, our cavemen and cavewomen ancestors would only eat what they could hunt with their bare hands. The Paleo diet mimics this hunter-gatherer lifestyle; For example, you'd never see a caveman eating a processed granola bar, so you probably shouldn't be eating a processed granola bar either!

The Paleo Diet removes all grains, beans, soy, dairy, certain vegetable oils and refined sugar. What you're left with is unprocessed foods like vegetables, fruit, meat, fish, certain fats, nuts and seeds. Whilst I do think removing processed foods is helpful, by demonising food groups, such as carbohydrates or dairy, we can lose benefits of many nutrients that we need to support our gut function and immune system and start to fear food. It's important to focus on balance - if you're absolutely craving a block of chocolate, just eat a few pieces!

You should enjoy eating, not be afraid of it.

The paleo diet is often misconstrued as just eating meat, meat and more meat. This shouldn't be the case. By following a balanced paleo diet, you can minimise stress on the body and increase your vitality but I think its also important to eat prebiotic and fibre rich veg like sweet potato and some paleo enthusiasts don't include them and they are an integral part of having a thriving and robust digestive system.

Keto Diet

Basically it's a very low-carb, high-fat way of eating that involves drastically reducing carbohydrate intake, and replacing it with fat. Once we starve our body of carbohydrates, our energy

fuel source, we put our bodies into a metabolic state known as ketosis. Instead of using carbohydrates for energy, our bodies burn fat. Sounds great, right?

Whilst the ketogenic diet can help with weight loss and reducing blood sugar, I like to look at the ketogenic diet with a pinch of salt.

Once we demonise a whole food group, food no longer becomes our friend. Carbohydrates are not the enemy and everything, including carbohydrates, should be eaten and enjoyed in moderation!



Not to mention that by cutting out carbohydrates, we lose out on the benefits of many nutrients that we need to support our gut function and immune system. In particular, we may miss out on very important prebiotics that are found in root vegetables, seeds, fruit and more.

Probiotic Diet

Probiotics are finally experiencing the recognition they deserve and I'm loving every single minute of it! Probiotics have been used for centuries to treat a variety of bowel conditions including constipation, diarrhoea and irritable bowel disease.

Probiotics help balance and grow our gut microflora which in turn, supports positive moods, boosts energy and can help produce other essential nutrients.

The probiotic diet includes sauerkraut, kimchi, kefir, kombucha and various yoghurts. While consuming probiotics is great for us and our guts, some people do experience not-so-subtle effects, such as gas and bloating from these foods, so it's important to eat them in moderation and start off slowly.

Also if you suffer from histamine intolerance, fermented foods can be aggravating.

The Clean Eating Diet

The Clean Eating Diet is a simple and maintainable approach to healthy eating. Essentially, the Clean Eating diet is exactly how it sounds – you eat a diet based on clean, real and whole foods. Clean Eating includes some whole grains like brown rice, quinoa and oats, most vegetables, fruits, healthy fats, dairy, beans and other protein sources like meat, fish and chicken. When following the Clean Eating Diet, you remove ‘unclean’ foods such as sugar and processed foods.

Clean Eating can lead to maintainable weight loss and increased energy, cardiovascular benefits and digestive improvements. Some may find it difficult to follow initially but it’s generally a good diet to follow all-round. However, like all diets, it’s important to not over-eat as you can still gain weight while eating ‘clean’ and really, when it comes down to it, who wants to be on a diet anyway?

Mediterranean Diet

This diet is based on, you guessed it, the Mediterranean. It’s inspired by the Greeks, Southern Italians and Spanish in the 1940’s-1950’s. It’s renowned for being one of the world’s healthiest and sustainable diets in the world.

The majority of gut health specialists I’ve interviewed over the years have agreed that this is a favourable approach to eating.

It’s rich in fruit, vegetables, whole grains, legumes and olive oil and features moderate amounts of fish and poultry and the occasional glass of red wine. The diet emphasises extra-virgin olive oil over other oils and butter.

The Mediterranean diet is more than just the food on your plate, it’s also focused on lifestyle.

Do like the Greeks, Italian’s and Spanish do and make your next meal a big fiesta!

The Mediterranean diet doesn’t include added sugars, refined grains like white breads and pasta, trans fats like in margarines, refined oils like canola oil, processed meat like sausages and other highly processed foods.

Low Carb, High Protein Diet

While this diet may sound fantastic, carbohydrates are not the enemy. While this diet can cause short-term weight loss, it usually results

in long-term weight gain due to the restrictive nature of the diet. By cutting out carbohydrates, we lose the benefits of many important nutrients that can support our gut-health and immune system.

Some foods that are excluded from the low carb, high protein diet include grains like rice and oats, potatoes, high-carb fruits like bananas and mangoes, and products heavy in gluten like bread, pasta and cakes. Foods included in this diet are meat, fish, low-carbohydrate vegetables like spinach, zucchini and some low carbohydrate fruits like berries.

Complex carbohydrates are fibre rich and help the functioning of our gut. If you eat unrefined carbohydrates, like fruit, starchy vegetables and some grains like oats, you don’t need to fear weight gain! In fact, the fibre in these foods actually help move things along!



Intermittent Fasting

Intermittent fasting is a sustainable approach to achieving longevity, improving vitality, increasing mood and shedding a few excess kilos!

In a nutshell the 5:2 approach to (IF) is calorie restriction on two days of the week. This means you consume a total of 600 calories (2510 kilojoules) for men and 500 calories (2090 kilojoules) for women.

In my opinion, this is a great way to rest the digestive system, however, the food consumed on fasting days, should be real whole foods – not low-fat, processed junk-food, which a lot of people lean towards for convenience.

By choosing sustainable, organic and real foods, you’ll get the most out of intermittent fasting practices.

If you look at (IF) as a time of cleansing and nourishing the body, and eat naturally you could benefit from this approach. There are studies that show Intermittent fasting can improve your metabolism, revamp good gut bacteria, and improve the balance of our hormones.

Supercharge Your Gut Diet

Gut health is all the craze these days and it’s definitely not slowing down anytime soon. . The Supercharge Your Gut way of eating, as seen

in Supercharge Your Gut, isn't just a diet, it's more of a holistic lifestyle.

Unlike some popular diets out right now, Supercharge Your Gut focuses on eating a diverse range of foods, eating the rainbow and including both probiotics and prebiotics. Whilst probiotics are currently on stage getting all the fame and glory, it's important to not forget the camera crew and production team; prebiotics!

Prebiotics help nourish the probiotics within our digestive system, and without them, our probiotics have a poor chance of survival.

Some prebiotic-rich food includes dandelion greens, avocados, bananas, leeks and onions.

I encourage you to incorporate both prebiotic and probiotic-rich foods into your diet, because once you've established a healthy gut, you want to maintain it.

Through consuming real, gut-friendly foods, including prebiotics, probiotics, lots of veggies, fruit and quality sources of protein and good carbs, you can achieve a fully functioning engine room.

By supercharging your gut, through consuming easily digestible and delicious foods, you can get your gut glowing, healthy and working at its prime. You can also fix your sleeping patterns, control your hormones and improve your immune system.

Just to give you a little insight into foods that'll supercharge your gut, I'm sharing my Prebiotic Tray Bake from Supercharge Your Gut.

This prebiotic bake is pimped up with a tangy garlic and tahini dressing.

Roasting these prebiotic-rich veggies is a great way to cheer up any older veggies that may have been left in the refrigerator a little too long!

The vegetables all cook at different speeds – so some are crunchier than others – which really is the beauty of this dish.

But don't just listen to me, try it out for yourself!

Lee Holmes

Supercharged Food

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

PREBIOTIC TRAY BAKE WITH GARLIC TAHINI DRIZZLE

Serves 4

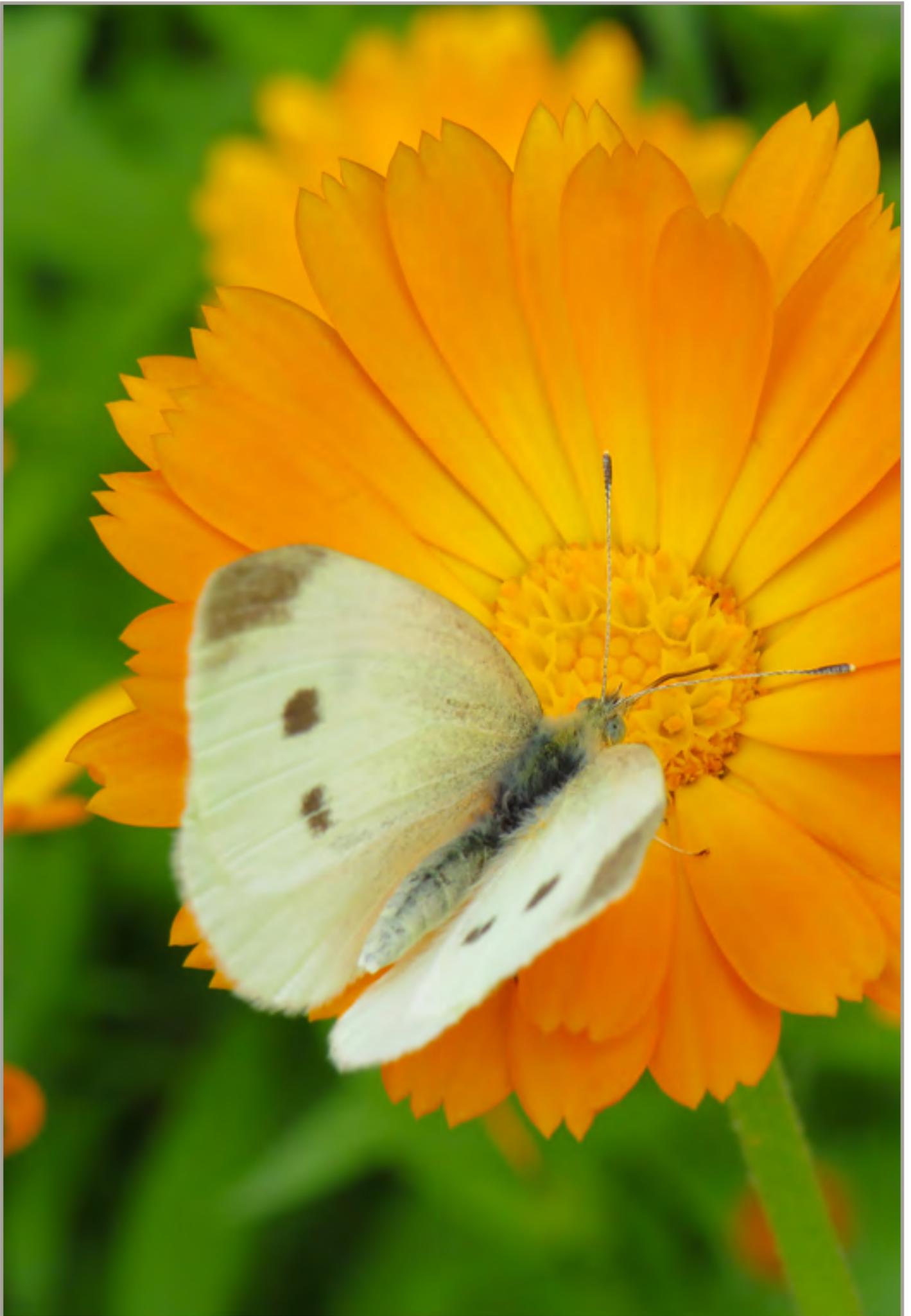
Ingredients

200 g Jerusalem artichokes
1 jicama, peeled and cut into wedges
200 g parsnips, peeled and quartered lengthways
300 g heirloom or Dutch (baby) carrots, trimmed
2 leeks cut into 2 cm rounds
2 medium red (Spanish) onions, peeled and cut into wedges
12 asparagus spears, trimmed
3 tablespoons extra virgin olive oil
Garlic tahini drizzle
1 garlic clove, crushed
Celtic sea salt, to taste
70 g sesame tahini
3-4 tablespoons fresh lemon juice or more, to taste
2-3 tablespoons water
Aleppo pepper or red pepper flakes

Method

1. Preheat oven to 200°C (400°F).
2. To prepare the artichokes, scrub well but don't peel unless the skin seems too rough. Cut in half lengthwise and immediately rub the cut surface with half a lemon to stop it browning.
3. Place all the prepared vegetables, except the asparagus, in a single layer, on a lined roasting tray (or two). You don't want the vegetables to crowd, as they won't roast and crisp up. Drizzle with oil and rub to coat.
4. Roast for 25 minutes, turning the vegetables once, and then take out and add the asparagus. Roast for a further 5 minutes or until the asparagus is just cooked and all the vegetables are golden around the edges.
5. Meanwhile, to make the garlic tahini drizzle, place the garlic and a pinch of salt in a mortar and pestle and mash to a purée. Transfer to a bowl and whisk in the tahini. Add the lemon juice and a little bit of the water, whisking continuously, adding a little more water each time until the sauce reaches the consistency of thick cream (or runny yoghurt). Taste and adjust seasoning.
6. Arrange the roasted vegetables on a serving platter and pour over garlic tahini drizzle.







Helpful Herbs

With **Mandy Haywood**

CALENDULA *calendula officinalis*

“Calendula strengthens the heart exceedingly”
- Culpeper

Parts used:
The flowers

History:

Calendula is well known for its bright orange flowers. The use of Calendula dates back Centuries and its traditional uses reflect how it is used within Western Herbal Medicine today. It is a very gentle and versatile herb used both internally and externally for healing. During the American Civil War, soldiers carried Calendula with them to treat battle wounds as it has powerful antiseptic qualities, and for its ability to stop bleeding.

Nutritional constituents:

Vitamins: A, C, E and CoQ10

Minerals: Calcium, Phosphorus

Spiritual/cleansing benefits:

Protection, prophetic dreams and psychic powers. Calendula flowers under your bed will protect you while sleeping and make dreams come true!

Astrology:

Leo (July 23 to August 22; Ruled by the Sun)

Traditional/Current Medicinal uses:

Calendula is a very gentle, soothing herb with impressive anti-inflammatory, antifungal, antiviral, and antibacterial properties making it useful for infections such as Candida, and Herpes simplex. It is used both internally and externally.

It stimulates collagen production which is helpful for skin regeneration when applied topically. It is effective for inflammation and infection prevention for skin conditions and is helpful for acne, rashes, eczema, wound healing, sunburn, nappy rash, mouth ulcers, herpes simplex lesions, athletes foot and haemorrhoids.

It is well known for its ability to speed up healing

time, while minimising scarring. It is often found in face creams and ointments and is safe for babies due to its gentle nature.

Calendula assists detoxification of the liver and gallbladder. It is specific for cleansing blood and lymphatic tissue, making it a beneficial herb for enlarged and tender lymph glands, acne, sebaceous cysts and generally improving immune function.

It is beneficial for gut healing and inflammation of the digestive tract such as stomach and duodenal ulcers, gastritis and colitis. It aids in assimilation of nutrients and can be useful for food sensitivities when infections are an issue.

Calendula is a helpful herb for women's health, particularly mastitis, painful periods and vaginal thrush due to its anti-inflammatory and antimicrobial actions.

Calendula was used to strengthen the heart and has a reputation for improving varicose veins both internally and externally.

How to use:

- Calendula can be made into a cup of tea by adding it to hot water - helpful to soothe an irritated digestive system
- Petals can be used as a wash for face or body when there is inflammation, slow healing, sunburn, eczema, fungal infections, cuts/wounds
- Calendula ointment is a must for first aid kits!
- Calendula tincture combined with St John's Wort tincture is called Hypercal - an ideal first aid remedy for cuts/wounds due to its antiseptic, anti-inflammatory properties
- Calendula tincture can be prescribed by a qualified Medical Herbalist.

Culinary uses:

Calendula's beautiful bright coloured petals are edible and can be used to colour and flavour salads, rice dishes, and omelettes.

Mandy Haywood

Naturopath & Medical Herbalist



Scents of Self

With **Michelle Cotton**

FRANKINCENSE

A Love of Essential Oils starts with knowing the King, Frankincense.

By using quality essential oils, you can support your physical, emotional and spiritual wellbeing. These plant-based medicines bring a fast effect for most through the simple act of inhaling the aroma which travels quickly to the brain.

I would like to introduce this Essential Oil as it's been around in history, mentioned in the bible and also known as the King of Oils; Frankincense was gifted to Jesus at his birth, this shows the reality of its true origins and benefits for being sacred.

Oil Scent:

Frankincense - made from a resin extracted from the Boswellia tree,

Emotional attributes

Frankincense Helps individuals feel the love of the divine, when one has been abandoned or forgotten, frankincense reminds them that they are loved and protected. It supports connecting with inner wisdom to calm emotions, and assists individuals to let go of lower vibrations and negativity. Frankincense helps connect with the father to feel his support and love; it is gentle and shields the body and soul from negative influences it assists the soul in its spiritual evolution and enhances prayer and meditation

Physical attributes

Anciently revered by royalty, frankincense was once considered to be more precious than gold. Frankincense oil is high in sesquiterpenes, which have been studied for their potential to go beyond the blood-brain barrier and interact with the brain structures. Frankincense has also been used for cleaning and supporting the immune system. It can repair scars of any type, emotional or physical, age spots and wrinkles, and also amazing for inflammation. As a miracle essence, frankincense assists with the cellular senescence,

the aging process of the cell, gifting us endurance at a cell level. Frankincense assists in the body by downloading divine information to our DNA, supporting the body in a process by which the cell identifies and corrects damage to the DNA molecules.

Spiritual attributes and effects:

Frankincense can assist with increasing spiritual awareness; it is a wise, smart and powerful essence, all at the same time. Unlike other essences, it is always in balance. It is incredible for the 3rd eye opening and support in meditation. Frankincense also assists with seeing through the veil and following your sacred heart, it represents rebirth and repair. Like Merlin full of wisdom, frankincense is always teaching us more knowledge and transformation, Frankincense also symbolizes truth, to yourself and others, it supports repair to any unresolved aspects within using love and wisdom.



Affirmation

"My skin, my hair, my face, my body, my blood, my energy, every particle of my being. My aura, my chakras, my mind, my entire brain, my spirit, my soul are healed refreshed, rejuvenated and renewed right here, right now."

Suggested ways to Use

Dilute with Carrier Oil

- Inhale from the bottle or place 2 drops on the hand and inhale or apply to lava beads to wear as scent
- Use for meditation on the temples or wrist, I personally like to place on the 3rd eye for meditation or crown
- Dilute 1-3 drops with carrier oil and apply to skin for scar repair and wrinkles
- Inhale while repeating affirmation above
- Diffuse oil in room
- Add to moisturizer for anti-aging
- If food approved brand, drink in cold water

Michelle Cotton *Pure Vibration*



Crystal Healing

With **Michelle Cotton**

SMOKEY QUARTZ

The History of Smokey Quartz

Smokey Quartz was known as a stone of power. The druids held it in high regard as sacred and it is said in some cultures that it guides the soul to the afterlife. It's been used in magic rituals and scrying to connect with the spirits.

Smokey Quartz is a stone of incredible power and has the ability to protect and ground spiritually and physically, it can absorb and recycle huge amounts of negative energy into the earth to be naturally neutralized.

Smokey Quartz was mined by the Celts in the mountains of the Scottish Highlands. The name Smokey Quartz was first talked about in the gem world by JS Dana in 1837 and was named because of its colour, which was similar to smoke. It can be used to neutralize electromagnetic frequency.

Colour: A range of transparent browns

Vibration Number: 2 and 4

Chakras: Root

Affirmation: *"My spirit is grounded deep in the earth. I am able to let go of fear and move forward knowing the universe will always provide for me."*

The Emotional Level

Smokey Quartz can help you move on from painful past memories and assists in releasing negative emotions. Smokey Quartz helps you to attune to the light so not to get consumed by life, and helps to dissolve emotional blockages gently; allowing them to be replaced with positive energy. Smokey Quartz is known to relieve unspoken resentment, helps lift depression and fatigue and helps to let go of what you no longer need for growth - a great stone for those with suicidal tendencies.

Smokey Quartz brings support in difficult times and inspires one to be more engaged in the world. It also assists to manifest one's dreams.

At a Spiritual Level

An important shield against psychic attack, Smokey Quartz helps ground you to your earth connection, and is known to send waves of spiritual nutrition through your body.

Smokey Quartz provides a protective barrier of energy around the wearer and helps to receive more light frequency when working with higher realms.



It is great for deep meditation and prayer. Smokey Quartz assists in enhancing one's ability to connect and see ghosts, fairies, spirit guides and UFO's.

On a Physical Level

Hold Smokey Quartz to relieve tension, stress, panic attacks and negative thoughts. It works to neutralize effects of radiation, and can be used for headaches, shoulder and back tension. It can also be used in treatments of the adrenal glands, pancreas, kidney and other organs to energetically remove toxins from the body,

How to use the crystal

As always size/shape does not matter, raw or polished

- Place the crystal near your Wi-Fi to help neutralize electromagnetic stress
- Put a piece Smokey Quartz in some water - either your drink bottle or glass of water, allow the healing properties of this crystal to absorb into the water to give you healing and grounding properties as you drink it
- Use on the body by placing on the root chakra for grounding during healing or in a pocket for connection to earth and psychic protection
- Keep some Smokey Quartz in your home or room to neutralize negative energy

Michelle Cotton *Pure Vibration*



Soulful Living

With **Kerry Kingston**

AN INTRODUCTION TO HOLISTIC SPACES

Combining beautiful and functional interior design, colour schemes and decor alongside a holistic approach is the perfect blend in today's shifting climate for any environment, whether at business, school or in the home.

By pairing traditional design techniques with complementary holistic methods - like crystals, nature, aromatherapy, eco living and energy flow - you create a more harmonious and healthy space.

When surrounded by what you love and what inspires you, you begin to feel more relaxed, happy and your true self.

As a holistic interior designer I look at a space in it's entirety; from the overall design, environment and visual appearance to the feel, flow and energy. I love seeking out new ideas, techniques and following my own innate intuition and experience in approaching homes from a soulful living perspective.

I believe to evolve is to grow and personally incorporate daily practices, such as gratitude, joy in everyday things and wellness into my life through plant based foods, rituals, reiki, yoga and meditation... and just as we can incorporate many soulful living practices into our own lives for personal growth and self-discovery, we can also include functional and soulful practices within our home or work environment to enhance the spaces there.

Here is an introduction to ways in which you can incorporate holistic and soulful living practices into your home environment:

Eco-Conscious

Considering environmentally friendly and sustainable interior choices is an important part of holistic living and reducing toxins in your home environment.

This can be achieved through eco-friendly paint, upcycling existing furniture, non-toxic products, the use of plants and ethical décor options.

When selecting new items a good practice is to consider their longevity and long term usability within your household.

Energy

Looking beyond the surface appearance of a space requires assessing the home as a whole; the people who live there, what the space is used for and the overall environment.

Being aware of the energy and what effect this can have on us, such as feeling tired or frustrated or relaxed and happy. It is important to have good energy and flow within our homes and work spaces which in turn has a positive effect; allowing room for joy and calmness to be present.

Creating Space

Having a clean fresh space is always a good place to start and is easy to accomplish in any room.

Start by opening windows and doors on a nice day to let in the sunshine and create air flow, then sweep the entrance and back doors to free and disperse stagnant energy.

Decluttering and reorganising is the next step to brighten and clear your space and mind. Move or remove completely what is no longer used or no longer serves its purpose. An easy way to bring order back into the home is to use great storage solutions and have a place for items to be returned to after use.

Clearing the energy is the final step which can be achieved through several methods including the sacred art of smudging of sage, lavender and Palo Santo or using aromatherapy room sprays to clear and uplift the energy of the space.

Feng Shui

A great way to enhance the energy of a space is by incorporating basic Feng Shui principals in

which you apply good intentions to lift/clear and redirect the energy around the space by making adjustments to room layouts, furniture placement, colours, symbols and smells with the use of pure essential oils or incense.

Essential Oils

Pure essential oils can be diffused or sprayed in the home to invoke calm, or uplift feelings; offering protection, abundance and clarity. Depending on the element you are trying to achieve there is an oil to suit every home.

Wild orange is associated with clearing, uplifting and abundance while lavender is a peaceful relaxing oil.

Some essential oils have natural disinfectant properties and can be used as safe cleaning alternatives. These can be made at home in reusable spray bottles which reduces excess packaging and synthetic chemicals being brought into the home.

Crystals

I have loved crystals since I bought my first Rose Quartz as a child. They are a delightful compliment to any room and said to have many healing benefits. When specific ones are selected and placed in the home they can be used to aid with sleep, increase love and happiness, provide protection, boost abundance and ease anxiety... just to name a few of the many benefits of crystals.

When you enhance the look, feel and energy of a space you enhance everything within that, including relationships, interactions and harmony.

By choosing to incorporate the suggested methods for more soulful living you will feel more balanced and happy in these spaces.

You can transform your spaces into sanctuaries to enjoy and allow you to be the best, most aligned version of yourself.

Kerry Kingston

Kerry Kingston Design







Healthful Environment

With **Carla Friend**

BRINGING AWARENESS TO TOXINS & ALLERGENS IN THE HOME ENVIRONMENT

There no place like home...

Our home is where we feel our safest and most comfortable. It's a place we can retreat from the bustle of the outside world and cocoon ourselves in the sanctuary we have created. We can spend almost 90% of our day indoors; including our work space. Given that a study showed our indoor air can be five times more toxic than the air outdoors - being aware of the sources of contaminants and then minimizing or eliminating exposure can help prevent allergies, illness or discomfort.

What is Building Biology

"Building biology is a field of building science investigating the indoor living environments for a variety of irritants". With this practice we take a wide look at all the problematic sources that can easily be overlooked as being the origin of current health complaints or have the potential to cause harm in the future. Symptoms you may experience from living in a compromised home could include: headaches, nausea, skin irritations, fertility challenges and hormone imbalances, fatigue, asthma, fibromyalgia, brain fog, sleep disturbances, muscle aches, and sinus and eye irritation... just to name a few.

How Indoor Air Quality Can Become Unhealthy

One way indoor air quality can be affected, is by our homes building materials, finishes and furnishings off-gassing. This is where the VOCs (volatile organic compounds) from the manufacturing process are released, the warmer the room the faster these will out-gas; some products can take years to finish off gassing. Ventilation is key in reducing levels especially in new builds or after renovations. Choosing non-toxic woods and finishes, natural fiber carpets and low VOC paints will reduce the toxic load during this time.

A way to help the process is to heat the room (while not in use) and then ventilate. After purchasing a new couch or mattress it would be beneficial to place them in an unused room with

good air flow for a month and do this process before bringing it into your living environment.

Fake Fragrances

Another common contributor to unhealthy indoor air is synthetic fragrance. This is not just a single ingredient, it is cocktail of hundreds of different chemicals that do not need to be disclosed to the consumer due to a loop hole in the propriety rights. Sources can include bath and body products, personal care, air fresheners, fabric softeners, cleaning products, children's toys, stationery, candles and rubbish bags. If a product is scented and doesn't state that the fragrance is from natural essential oils chances are it's a petrochemical.

Cleaning Products

Other sources in the home that can cause health problems can be the cleaning products we use. These chemical mixes can release harmful fumes and leave behind residues we remain in contact with. These can be a skin irritant and exacerbate asthma symptoms. I believe a quality microfiber cloth and a natural spray cleaner with essential oils can tackle anything and be clean and safe.

Other common contaminants

Other irritants and possible sources of health complaints can be mould and other bio-toxins, dust contents and dust mites, pet dander, pests such as cockroaches and rodents and their droppings. These allergens are quite common in a water damaged home. We also look at EMF and WiFi exposure, as many people can have sensitivities to these and not be aware. We can also test the homes water for a variety of contaminants and recommend the appropriate filtration system based on the results.

Creating a healthy home environment and starting the journey to reducing your body's burden of toxins can take time so please don't feel overwhelmed, any change you make is going to make a difference. *See Issue #7 for my top 5 ways you can reduce contaminates in your home today, for no cost.*

Carla Friend *Twinkle & Bean*





Living Naturally

With **Hannah Shaw**

SAFE FUN IN THE SUN!

Summer is here and as much as we need sunshine to thrive, it is important to strike a balance between enjoying its life-giving properties, and over-exposure!

Sunshine on our bare skin allows us to make a fat-soluble prohormone, called vitamin D. This gets converted (via the liver and then kidneys) to its bioavailable form, calcitriol. Calcitriol binds to vitamin D receptors and is used in nearly every cell of the human body. It controls the calcium levels in the bloodstream (ensuring healthy bones, muscles and teeth) and is crucial for a functioning immune system. Inadequate vitamin D levels have also been implicated in depression and low mood.

Approximately 10% of vitamin D is obtained through our diet but the best way to get it is via the sun. Aim to get active outside with arms, legs, face, and torso (if possible), exposed for 30 minutes a day before 10am or after 4pm from September to April (southern hemisphere). Between May and August, aim for sun exposure around midday.

Certain factors prevent us getting enough vitamin D such as having very dark skin, spending too much time indoors, always covering up when outdoors, avoiding the sun due to high skin cancer risk, living in geographical locations that have limited daylight hours, and having liver or kidney disease. Thankfully it is easy to supplement vitamin D via cholecalciferol on prescription from a General Practitioner, or by taking a vitamin D3 supplement from a pharmacy or health food store.

The dark side of the sun...

We all know that too much of a good thing isn't so good. Ultra-violet (UV) radiation from the sun comes in three forms - UVA, UVB and UVC. The ones that are most important to know about are UVA and UVB; UVA deeply penetrates the skin and causes wrinkles, blotchiness, sagging, as well as skin cancer; UVB affects the top layer of the skin and can cause sunburn, skin damage and skin cancer.

There are multiple ways we can protect ourselves from UV rays: cover up by wearing long sleeves, long pants and a wide-brimmed sunhat; plan outdoor activities for earlier and/or later in the day; hang out in the shade; wear sunglasses with UV protection; and of course, use sunscreen.

When choosing a sunscreen, you may opt for either a chemical sunscreen, which absorbs UV; or physical sunscreen, which contains mineral ingredients and sits on top of the skin to block UV. Reef-safe options are becoming more popular as some sunscreens are detrimental to the ocean. Whichever you choose, make sure you aim for a minimum of SPF 30 and follow the instructions on the bottle regarding application (and reapplication!).

New Zealand and Australia have the highest incidence of both melanoma and non-melanoma skin cancer in the world. Skin cancer is caused by free radicals producing inflammation, damaging cell function, and your skin's DNA. DNA damage can lead to gene mutations and cancer. It is vital to check your skin regularly so you know if there have been any changes.

SCAN: Sore, Changing, Abnormal or New is a handy tool to help you know when you must see a health professional. It is recommended that you see a GP who has a special interest in skin cancer, MoleMap (NZ), or a dermatologist.

Diet plays a key role in the resilience of your skin and overall cancer risk. Eat an abundance of plant foods, particularly fresh raw fruit and vegetables as the antioxidants and other nutrients fight off free radicals and prevent damage to the skin.

There are some great websites and apps for more information about being sun smart, doing self-checks, checking the UV rating and finding the right doctor or dermatologist. If unsure, speak to your GP.

Hannah Shaw
A Nourishing Notion



Conscious Lifestyle

With Guest **Juanita Nieuwoudt**

SLEEPING WITH STRANGERS – BEFORE GOING ON YOUR FIRST YOGA RETREAT... READ THIS

The road to your first yoga retreat probably starts with a reluctant or even mildly apprehensive attendance of a first yoga class. This turns into a regular once or twice a week session at what you come to describe as “your” yoga studio with “your” yoga teacher. After a while, you feel the benefits of yoga in your everyday life or “off the mat” as the yoga crowd says. You almost feel like you’re a yogi, really.

Maybe, in the fullness of time, your yoga studio will then confront you with an offer of a... yoga retreat.

Most of us are familiar with the concept of retreating under the bed-covers to hide from the cold, weird people or life. But a yoga retreat sounds next level. As a regular yoga retreat participant, I recommend a gentle start to going on retreat; ask some questions before you go...

Who is offering the retreat and where? They seldom hold retreats in inner city locations and so you will head into the wilderness, so to speak; a farm at the very least. Most of us have jobs to return to on a Monday morning, so weekend retreats involving lengthy travel are not a great idea.

Are you familiar with the instructor and his or her yoga teaching style? Are they safety conscious and able to teach people with wide-ranging abilities at the same time? Retreats should cater for all bodies, levels and abilities. Even for those of us who can barely hold a Warrior Two pose any length of time without crying on the inside.

Opting-out of activities or classes should also always be an option. Sometimes a tired body needs a nap during free time, not a “fun” hike up

a steep hill. Repeat after me (three times): My retreat, my way.

Packing for a retreat can be tricky, but it is all about keeping your body happy and comfortable during the retreat, so bring what you need to achieve that. Depending on the weather, you want to layer up or strip down. For some of us comfort means worn-in leggings and an oversized, somewhat manky t-shirt. For others, it means *famous yoga brand* clothing from top to toe. There are no rules. You will spend loads of time sitting, yoga-ing and lying down in bliss on your yoga mat. So make sure you can do this without going to war with uncomfortable clothes.



Depending on the retreat location, bedding and towels will sometimes be supplied but check beforehand. You may have to bring some of these items with you.

Other useful items include a meditation shawl, your own yoga mat, and yoga bolster. I can’t imagine a retreat without a light woolen shawl. I use mine during meditation and drape it over me when lying on the floor in Savasana. I also fold it and use it for padding under my knees. Hard floors and thin yoga mats can cause unhappy knees.

But above all, I always bring my mat. Mats are usually available at retreats, but I am totally in love with my mat. I bought a travel mat that folds up in a square and gets packed in my luggage! After using it once or twice in my regular yoga class, I realized that it is a great mat all round, not just for traveling. I feel rock solid and safe on it – no wondering if you are slowly slipping on this baby. You won’t. So now I use it all the time and it’s my best buddy. But being a travel mat, it is thin. So, if there are extra mats at the retreat – nab one for extra support and put yours on top.

If you have a yoga bolster and you can take

it – do it. It has many uses, but also makes a great meditation seat. It gets you off the floor. At yoga retreats, after a while, you will want some comfort away from the floor. If you worry about hygiene, your own bolster is an obvious choice.

You may be asked to bring a notebook and a pen. At the very least bring the pen, if you are not a studious yogi who writes everything down. That way you will have something to write with on the retreat feedback form.

So finally, the retreat weekend dawns. Here are some strategies to make the most of your time at a retreat. You will find that your fellow yogis are kind and inclusive. Enjoy the retreat with no inner or outer expectations on yourself or others. Often, over longer retreats, people report intense mood swings; feeling ridiculously happy the one minute and super-irritated and annoyed the next. A weekend retreat is short, so extreme mood changes are unlikely.

For the sake of maintaining a level of sanity for all, observe any retreat rules. There are always some quirky ones – like not flushing a specific toilet at night because of the noise waking people up.

Apart from lots of yoga, meditation and some social contact– sleeping and eating are two important aspects of a retreat.

The food will differ from what you are used to. It is highly likely to be vegetarian or even its more extreme cousin, vegan. The food will be lovely and everyone will gorge themselves. People will have whispered discussions about pooping. Or not pooping. People get worried when their diet changes and they fall out of their normal rhythm, so to speak.

If silence is held during meals, if people are asked to eat mindfully and in silence – do it. It is a unique, if not slightly unsettling, experience. Whispering softly is not silence.

Ah... the sleeping arrangements. It is almost a given that you will share your room with strangers of the same sex. Maybe even up to three strangers. Just like camping at school. There may even be bunk beds. And spoiler alert! People make lots of noises in their sleep. Snoring, snuffling, coughing, sniffing and whatnot.

People toss and turn in their beds and need to get up at night. A cacophony of noise really. If you are a light sleeper and easily disturbed, I have two words for you – foam earplugs.

While yoga retreats are very relaxed and go-with-the-flow, there are some potential sticky situations you may want to know of.

Do not walk in late to morning yoga. Really. If you can't drag your butt in three minutes before it starts – skip it, sleep in or go commune with nature. Morning yoga on retreats starts early and with a lengthy meditation. Most people find it hard to settle down into the meditation, so if someone who walks in ten minutes late, ever so quietly (no it's not) shuffling around on their mat to get settled... Maybe the Dalai Lama can sit through noisy distractions without batting a meditative eyelid, but the rest of us need all the help we can get.



Mobile phones on silent in your room. Far, far away from the yoga or meditation space.

Because of the spiritual nature of retreats, sometimes people may experience some upset or emotional reactions. It is inappropriate to question people. Some people are intensely private and not willing to share. The best you can do for someone in visible distress is to alert the retreat leader. On this note, you may see people opt out of certain yoga poses or even falling asleep (and snoring) during meditation– be loving, kind and accepting.

Let people be.

After the retreat, spread the love if you enjoyed it. And you will. Share on social media, tell others about the retreat. Support your yoga instructor in that way, so he or she will offer another retreat and others may enjoy the experience just like you did. Namaste!

Juanita Nieuwoudt

www.linkedin.com/in/juanitanieuwoudt-freelance-writer



Yoga & Conscious Living

With **Sundari Zuleta-Connable**

THE SERVE, LOVE, GIVE CHALLENGE

“Serve, Love, Give, Purify, Meditate, Realise” were the famous words uttered by the great Yogi Swami Sivananda Saraswati and were taken on and practiced by his successor Swami Satyananda Saraswati. These helpful tools for life can be seen as steps to help awaken to the higher consciousness within and around us.

The Path to Self-Realisation

When we think of yoga, many of us tend to jump straight to the asana and meditation part as a means for self-realisation. What if we are missing something? After all Yoga comes from the root Yuj, meaning to join. Yoga means the conscious union of the human being (Atman) to the universal existence (Brahman). Notice how in Swami Sivananda’s famous words, the “serve, love, give, purify” comes before the “meditate” and “realise”. That is because when we awaken service, love and giving within ourselves, meditation comes spontaneously and easily.

When we purify our bodies and minds through different practices we are able to realise our potential because we are free from limitations and can see clearly without illusion. The less we obsess about ourselves, the closer we come to connecting with our true selves. The shackles of human existence are limitless when our minds and hearts are open. This is true conscious union.

Join us in another self-reflection challenge as we work with a weekly theme and incorporate the fullness of yoga into our daily lives.

Week 1: Serve

Service is the action of helping others without expectation. By helping others you can ultimately help yourself. By helping others you can awaken joy within yourself.

Seva is the Sanskrit word for selfless service.

It means offering oneself wholly to a greater cause. Karma Yoga is the ‘yoga of action’, the action that is done with awareness, the action that liberates instead of binds. It is through selfless activities, unattached work and loving service that one can acquire the precious gem of purity, patience and humility.

This week:

- Practice Seva or Karma Yoga daily.
- Notice where there is distress in someone else and share what you can to alleviate it.
 - Ask yourself how can you help and offer your energy where it is needed.
 - Perform a random act of kindness for someone.
 - Practice releasing expectations and judgement when you help others.

As you move through the first week keep the spirit of service alive in you. Feel the joy ripple through your body as you offer your energy to others without needing anything in return.

Week 2: Love

What is love when we take away emotional attachment? It is the deepest expression of the heart.

We live in an era where the word love has been misconstrued. Self-love has been marketed and reduced to represent manicures, face-masks and bubble baths. The love we see on TV is often portrayed as painful, selfish and possessive. True love is unconditional and loving the self comes hand in hand with loving others and in turn loving all that is around us. Bhakti means love for all beings. Love or Bhakti is an ever-pervading energy that can be awakened in us all. Love knows no fear. Love expects nothing in return. Love can heal.

This week:

- Hold love in your eyes when you make eye con-



tact with people.

- Practice gratitude every morning to awaken love within.
- Awaken Bhakti through the form of Kirtan (singing and chanting mantras).
- Open the Anahata Chakra by visualising your breath moving in and out of the heart space.
- Ask yourself what can you do to be more loving in each moment.

This week focus on expressing love fully. Practice loving without attachment or personal agenda and notice the energy open and expand around your heart space.

Week 3: Give

In *Into the Wild*, Christopher McCandless said “Happiness is only real when shared.”

Happiness comes to those who can give happiness to others. If you practice abundance, abundance comes your way ten-fold. Give what you no longer need, heck even give what you do need. Pay it forward with love and non-attachment and it WILL enrich your life. Giving is not only physical; you can even just give someone a smile and it could brighten up their day. Give. Give in plenty. Give with joy. Give with love. Just give.

This week:

- Give someone a gift.
- Smile at everyone you encounter.
- Donate to an organisation, cause or charity of your choice.
- Go through your things and give away anything you are not using, or if you want to be brave give away something you love dearly.
- Pay it forward at your local cafe, buy the person behind you a coffee.

In this third week connect deeply to the spirit of giving and allow it to uplift and inspire you. Give fully and with love.

Week 4: Purify

To purify, is to invite purity into the body, heart, mind and soul.

Many of the practices in Hatha Yoga work towards this. The Yamas and Niyamas are part of Patanjali’s eight-fold path of yoga and are a series of spiritual guidelines to impart on oneself. They are specifically designed to purify the body and mind and prepare one for meditation.

This week:

- Work with the Yamas and Niyamas.
- Have a regular Hatha Yoga Asana practice.
- Try one of the Hatha Yoga Shatkarmas (Yogic cleansing Practices) such as Kunjal (Throat Cleansing) or Neti (Nasal Passage Cleansing). These practices require the guidance of a trained teacher.
- Practise Antar Mouna (Inner Silence Meditation); a mental purification practice.

This week make sure to invite purity into all aspects of your life. Allow yourself to be free from physical and mental clutter.

Week 5: Meditate and Realise

This final week is more about reflection. Spend some time in meditation. Think about what you have learned through your exploration of these themes.

Observe your experiences over the past few weeks and write down your insights. Do your best to integrate all of the practices into your daily life.



Remember that these themes and practices can be used anywhere and anytime to uplift and encourage you on the colourful and beautiful path of yoga.

Sundari Zuleta-Connoble

(Originally posted on the Anahata Yoga Retreat blog on July 29th 2019)



Mindful Colouring

Conscious Art Practice

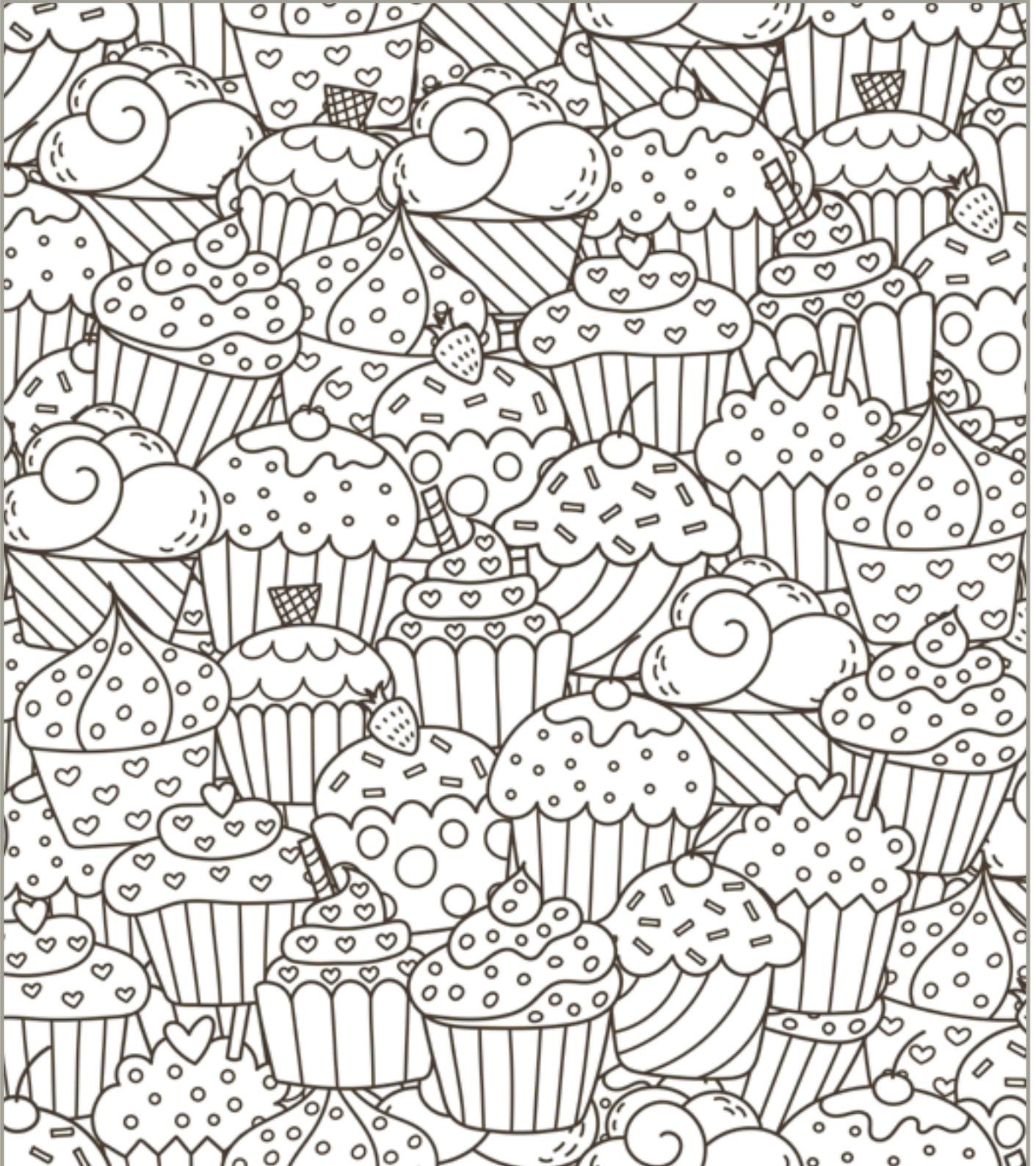


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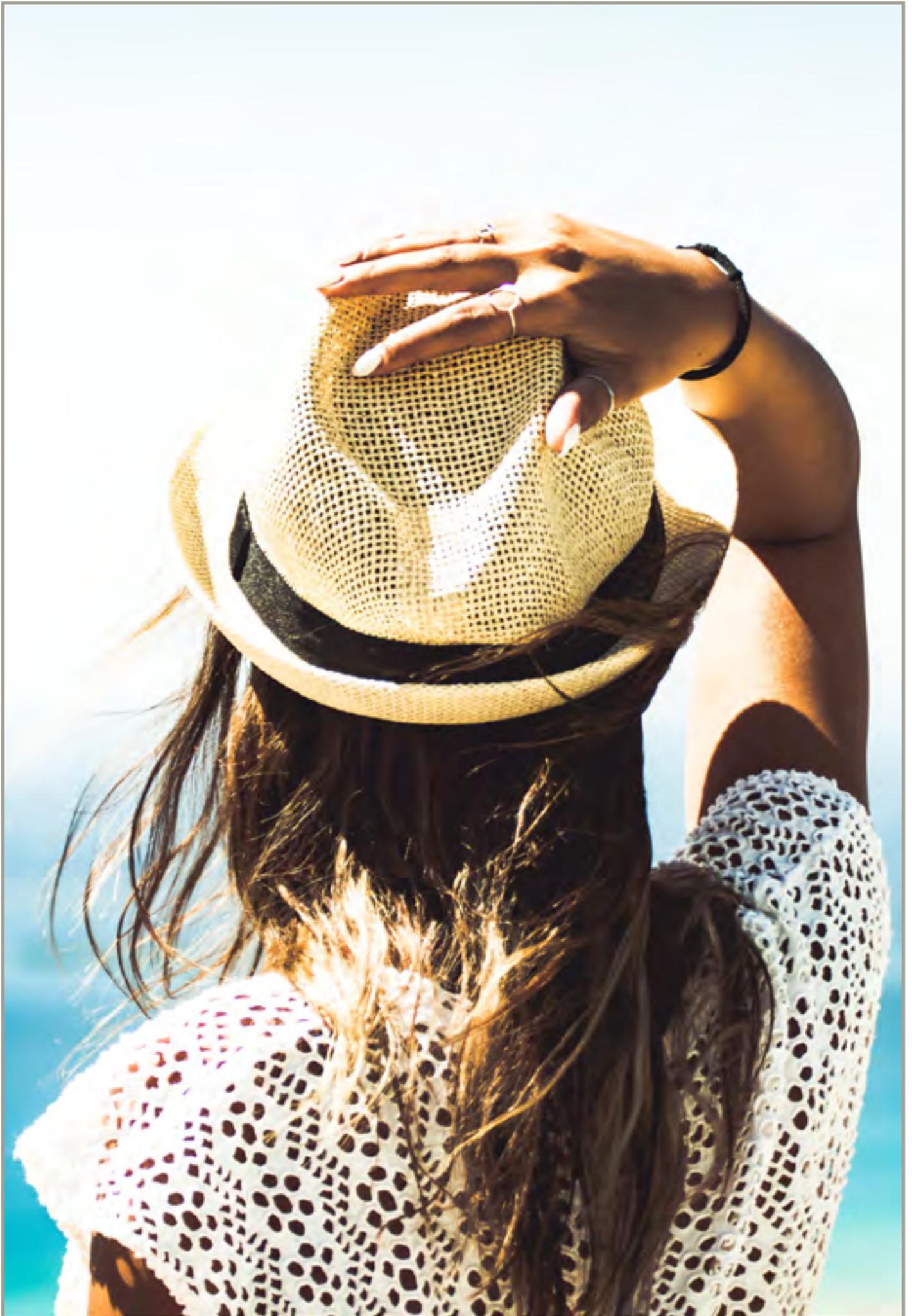


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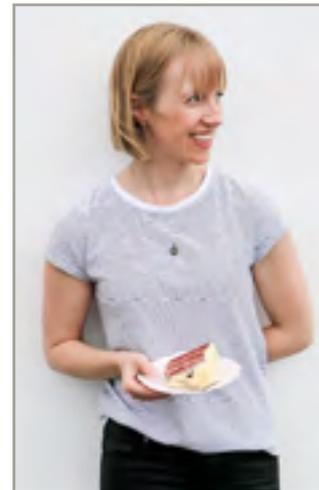
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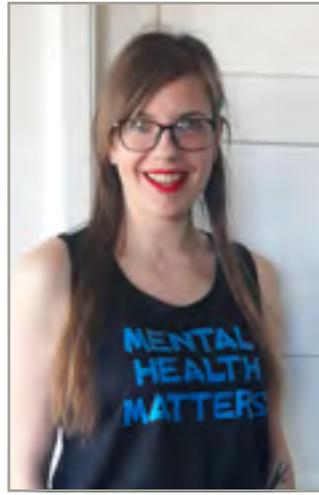
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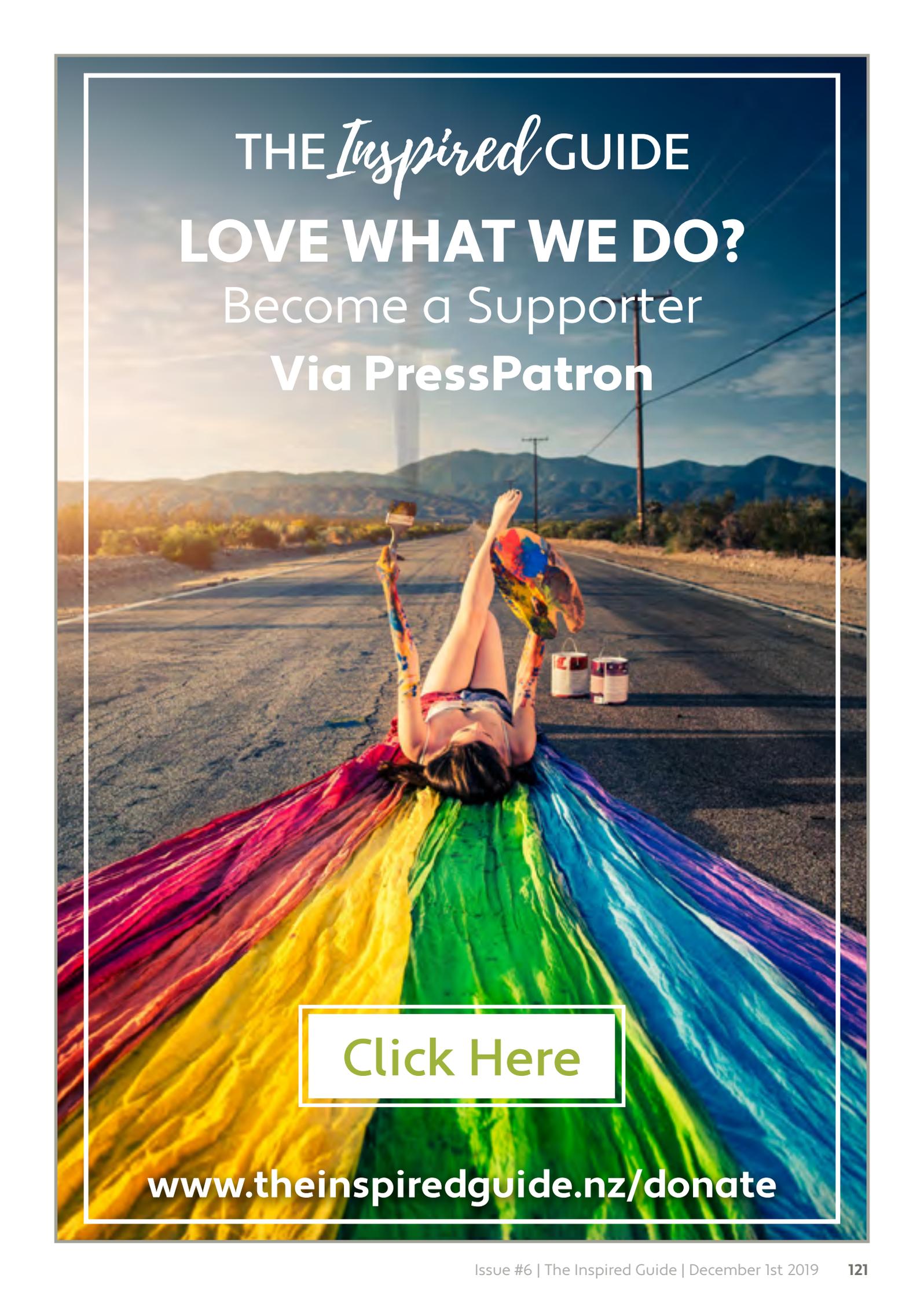
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www.searsco.nz
editor@searsco.nz
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We intend for the reader to enjoy this magazine with an open heart and open mind.

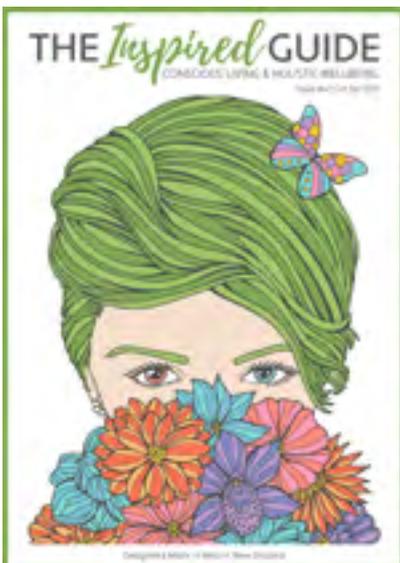
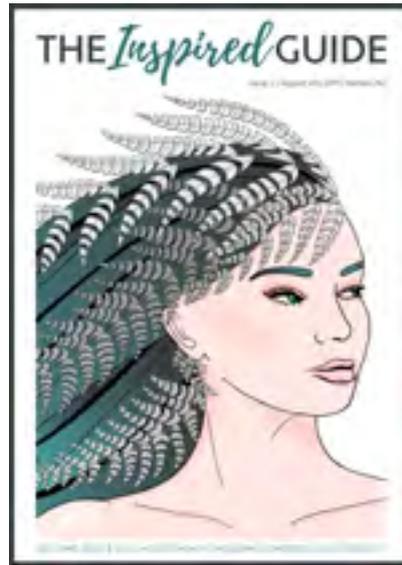
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