

THE *Inspired* GUIDE





WITH GREAT
KNOWLEDGE

COMES GREAT
EMPOWERMENT

giordanna



**Hello and welcome to the first ever
edition of The Inspired Guide magazine!**

*This has been in the making for a
LONG time... in fact just over 33 years!*

Little did I know that all the experiences and choices I made in my life would lead me to the creation of this magazine - but the progression actually makes sense now when I look back... *serendipity, it seems.*

A childhood filled with outdoor adventures and my introduction to spirituality
♥ Studying a Diploma in Freelance Journalism to write about what mattered to me
♥ Working at a newspaper in 2007 then launching my own Creative Nelson magazine 10 years later!
♥ Experiencing life's ups and downs and my own health and healing through traditional and 'alternative' means
♥ Developing the ability to absorb and synthesize all kinds of information from various sources
♥ Uniquely shaped design and marketing skills and doing business 'differently'
♥ Learning to following my intuition
♥ Learning about sustainability and conscious living
♥ Always living a heart-centred life, while unconsciously incorporating creativity, communication and connection into all that I do...

These skills mean I can pursue innovative ideas and solutions and look at ways to do things more efficiently, more accessible and more cost effective and more consciously for more people.

Thank you for joining me on this exciting journey of conscious living!
I hope you enjoy the magazine and stay with us while we grow, develop and expand into a global platform of positive possibilities.

Thank You for Reading
Amanda Sears

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

How to Make the Most of *The Inspired Guide*

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

The Benefits of an eMagazine

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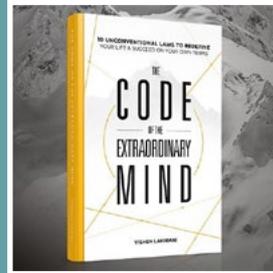
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Share easily with friends, family, colleagues and networks to spread the word and grow the awareness!

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The Code of the Extraordinary Mind

By Vishen Lakhiani

Shed years of struggle and elevate yourself to exceptional heights!

Learn to think like the greatest creative minds of our era - to questions, challenge and create new rules for all areas of your life. Learn to succeed on your own terms. A blueprint of laws to help you live a more extraordinary life!

Create greater happiness, meaning and positive impact in the world.

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Cover Art

Pencil and acrylic paint on board

by Amanda Sears

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LOCAL GUIDE DIRECTORY

The *Good* Guide

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



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

Meet the *Men's Panel*

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



John Cohen-Du Four

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



James Kane

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



Gareth Edwards

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



Matt Lawrey

One of life's great enthusiasts, Matt Lawrey is a Nelson City Councillor and the co-creator of the popular cartoon The Little Things. Prior to politics he enjoyed an award-winning career in broadcasting and journalism.

It is important that we ALL look at how we are currently living and how we can live even better and more conscious lives.

CONSCIOUS COMMENTARY

By Alan Roberts



POSITIVELY PRESENT By Dani DiPirro

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



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Lynda Davenport - 021 225 2253

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Introducing the Contributors



Amanda Sears

www.thewellnessguide.nz

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



Angela Cheruseo

www.angelacheruseo.nz

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



Charley Ainscough

www.charleychopchop.co.nz

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



Clare Scott

www.easystreetcycling.nz

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

Introducing the Contributors



John Cohen-Du Four

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



Kristin Paterson

www.facebook.com/lotusandcrowyoga

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



Mandy Haywood

www.mandyhaywood.co.nz

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



Michelle Cotton

www.facebook.com/PureVibrationNZ

At age 22, Michelle experienced the most life-changing year of her life and discovered who she truly was and her spiritual and healing abilities. Embracing this aspect of herself and realising she was a blank canvas, Michelle put her trust in herself and the Universal Source of Creation and started learning about all things spiritual and energetic. Now at age 49, she loves the life she has chosen, which is filled with love, learning and pure vibrational energy... and best of all, she gets to use it to help others.

Introducing the Contributors



Noreen Macdonald

www.thechoicelifestyle.co.nz

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



Psychic Suzanne

www.psychicsuzanne.co.nz

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



Renae Bailey

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

www.roseaitken.com

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

Introducing the Contributors



Sarah Jensen

www.sarahjensen.com.au

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



Shelley Monrad

www.aromaflex.co.nz

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



Tim Morozgalski

www.timsgarden.co.nz

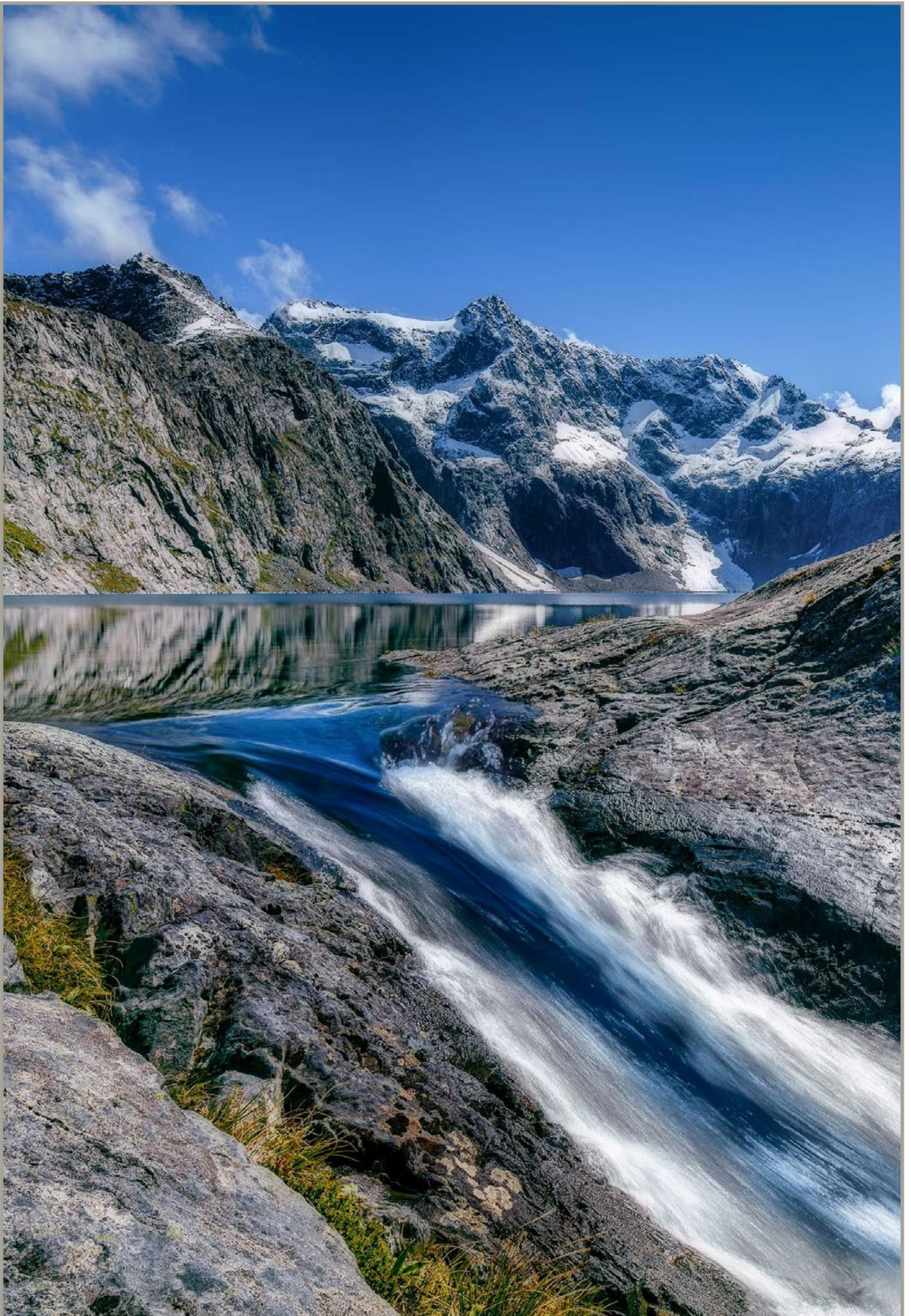
Tim loves to spend time outdoors and studied Environmental Management to get a better understanding of some of the problems and solutions of our modern way of living. He set up Tim's Garden Services as a way of helping people to reconnect with their gardens and use more traditional and organic methods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



Tracy Power

www.wellpower.co.nz

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





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Sustainable Living

With Clare Scott

HOME COMPOSTING 101

New Zealanders throw away an eighth of the food they buy every week, and then food scraps on top of that. That's a lot of food going to landfill. The thing about food going to landfill instead of into a compost bin is not just the amount of extra 'stuff' going to landfill, it's that organic matter breaks down without oxygen in the dump and then releases toxic gases including methane, a green-house gas.

All this general food waste is completely avoidable if we were more careful about what we bought and when we use it, and all of our food scraps going to landfill also does not need to happen - Home composting is the solution and it is easy and simple.

Here's a step-by-step breakdown of how to get started composting your family's food waste and living more sustainably.

1. You'll need a container or bin to put your food scraps in. There are lots of cute and inexpensive options around. Keep these easily accessible by placing on your kitchen bench, in a cupboard or under the sink - where you will remember to use it!

2. You'll need to keep dairy, meat scraps and egg shells out of your regular compost container because they will attract rodents to your compost heap outside. Once you get used to composting outside, the rest of these foods can go into a separate container for a worm farm. Our family has two separate containers, which means we don't have to throw away any food waste, but worm farms can be a little trickier to get started, so best to start with composting.

3. You'll need a space outside that you can reserve for a compost heap. This can vary in

size depending on how much food your family goes through. Again this is all about how nice you want it to look. You could reserve a corner of the garden and throw all your food scraps on top and build up the pile. You could also buy a specialty compost bin container (which come in various options). Having a box or something that contains the heaps can be helpful to keep your pile going up instead of spreading out taking up more space. *(my space as seen in the picture)*

4. It's good to keep a healthy balance of 'brown' and 'green' stuff in your compost pile. Meaning you need to add dry things which are high in carbon, such as dry leaves and brown paper, and wet things which are high in nitrogen, such as grass clippings and food scraps. Keeping this natural balance makes your scraps break down much faster.



5. You'll need to 'turn' your heap once in a while. This is just taking a pitch fork and scooping it up and turning it over. This circulates oxygen through your heap and keeps the food decomposing.

6. Keep your pile a bit wet. If it's exposed to the rain, it should be fine on its own most of the time, but if it's getting dry, you can spray it with a hose to add some moisture. This helps the decomposition process and keeps the worms happy.

7. When your pile breaks down into what looks like soil with only small twigs and bits, put it on your garden for the best, cheapest compost you can get!

Good luck and happy composting!

Clare Scott
Easy Street Cycling



Home Grown Gardening

With Tim Morozgalski

WINTER GARDEN TIPS

Just because Winter is here, doesn't mean it's time to hang up your gardening gloves.

We are grateful for the colder months as it dampens down much of those pesky bugs who can often enjoy more of your veggies than you, as well as slows the rate of weed growth. However, fungus rots and mildews love the rain and moisture. So be sure to keep an eye on any spots, powders or interesting colours on any plants. When you come across these diseases, simply prune that limb and dispose of in your bin (not compost bin) or safely in an outdoor fire. This will lessen the chance of it spreading back into the soil and be sure to clean the secateurs after they've been in contact with these diseases.

As Autumn has come and gone with all the beautiful colours it brings, the trees were preparing for their dormancy mode. This is now the perfect time to prune any trees and collect any leftover leaves to add to your compost or store if they are dry. Even if your tree does not lose its leaves, the cold forces them to slow down to a rate close to dormancy and allows us to prune on a dry day with far less risk of harm to them. This can also provide extra fire wood, or something to help decompose in your garden which will attract more of those beneficial bugs.

Remember to always prune just above a bud or 'fork'. Typically, the bud is where a new branch will grow from, so if you damage this, there will be no new growth - very important for next season. Pruning in this way is also more aesthetically pleasing, as the plant will always die back to the nearest new bud or 'fork'.

Any plants which look crowded, cut and prune to clear some space and allow air flow through

the plant. If we allow fungus spores to sit and be moist they will grow and spread. Let's not give them too much of an opportunity to cause damage to plants this season!

Look after your soil too. Bare soil is not a healthy look during winter. I have recently sown a bare patch with a green manure mix of, oats, lupins and peas. This will allow more activity in the soil, breaking up those larger aggregates. The lupin and peas are nitrogen fixing, they will collect and store nitrogen in the whole plant but mainly

their roots which is an essential nutrient for plant growth and development.

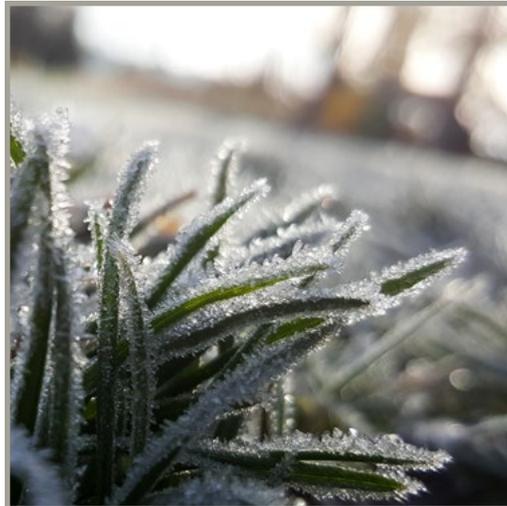
The cover this crop creates will not only retain moisture in the soil but also encourage a perfect environment for many bugs, which keep our gardens healthy and pollinated.

Before this crop goes to seed, I will break it up and turn it back into the soil. If you wish to use no-till techniques (i.e. not turning or rotating topsoil)

you can 'chop and drop' this plant around or distribute with some straw or bark to offer a mulch layer to bare soil over winter.

By using the above techniques, the soil will have many of the stored nutrients returned to it ready for Spring crops.

Words by Emma O'Grady from Tim's Garden





Conscious Business

With Guests - Kim & Gareth Rosser

GK EVENTS HIRE

Kim and Gareth Rosser create unique handcrafted items for weddings and events made from reloved, recycled and reused materials.

Struggling to find the right styling items for their own wedding, they used their DIY skills to create a range of specialty handcrafted games and other items, which received great feedback from guests and led to the birth of GK Events Hire.

Kim, a teacher and Gareth a heavy diesel mechanic by trade launched their new business while still working their 'day' jobs. However when their business took off they left their jobs to focus more on sourcing new items, growing GK and raising their young son Mason.

Each item has a unique story...

Unwanted items and materials are sourced secondhand, from family and friends or handcrafted from offcuts like recycled rimu flooring, old rustic telephone poles, old beds, palettes (like the curved bar in the picture) and ex-factory and housing materials.

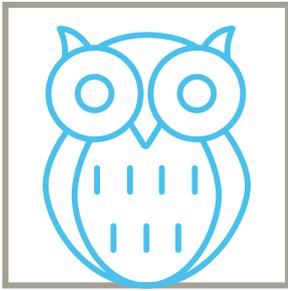
The unique combination of gifts that Kim and Gareth have in seeing the potential of discarded items with their fine workmanship demonstrates sustainably focused Kiwi ingenuity at its best.

There is a mix of old and new, but most items are crafted from unwanted items and require work to bring them back to life - eg. stripped back, sanded, varnished, painted, pulled apart and rebuilt into something else, reupholstered and fixed up to look like new!

Their creative and innovative approach to business, along with skilled workmanship and attention to detail has meant they are in hot demand throughout the year and continue adding to their hire list weekly, if not daily with exciting sustainably sourced 'new' items.

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





Consciously Creative

With Guest - Jose G Cano

JOSE G CANO

Born in Spain, Jose one day sold everything he owned, left his job and bought an old sailing boat. For 4 years that was his home which took him to many countries.

After a life-changing personal experience he started working in a not-for-profit organisation dealing with the dark side of tourism, child abuse, and children and women living with HIV in Thailand.

This was a very intense period of his life, constantly being confronted by death, poverty and other terrible social problems. It was here he started doing photography for other not-for-profit organisations with assignments that left their mark on his heart... street children in Indonesia, local hospitals in Cambodia and illegal immigrants from Myanmar in Thailand.

He moved to New Zealand in 2007, feeling at home in Nelson - which reminded him of the Mediterranean Coast and the peaceful towns around Barcelona.

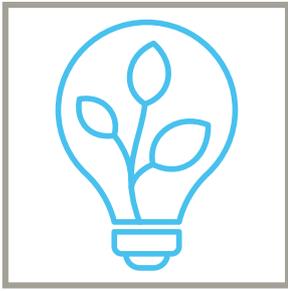
Here he let his creativity unfold, deeply grounded in his experience in Asia and combining with his Mediterranean aesthetic roots. He needed to find an inner place where beauty and human nature found an elusive common ground.

Photographing dancers brought Jose to his current style of photography - reflecting the collision of water and dance, through underwater dance photography - for which he invested in a purpose built facility on his property in Atawhai.

Combining his self-taught and dynamic style of photography with his passion for changing the world, he uses his art as a form of artistic activism. Projects include *'We are Drowning in Plastic'* and his latest work *'Ocean Stories'* in which he depicts the threats to the oceans from the creative perspective of mermaids and sea creatures.

Visit Jose's website for more:
www.josegcano.com





Conscious Living

With Guests - Simone & Joe Woodland

THE TINY LIFESTYLE

Tiny Lifestyle co-founder Simone chose to live in a tiny space because she and her partner Joe couldn't get a mortgage. *"Although we were both working full time, we were self-employed and the banks in the UK just wouldn't give us a mortgage, not enough to buy a house anyway! So we bought vans and converted them to our needs. That's where our love for building tiny spaces came from."*

Simone ran her social enterprise from the dining room table in the van, while Joe converted van interiors for people all over the UK as the Campervan Craftsman.

There's an affordability to living tiny, she says, not just because you can purchase a house for a reasonable amount, but because it reduces your utility bills, and the cost of stuff. You don't have anywhere to put things so you don't buy as much.

Simone and Joe traveled the UK in their converted campervans, parking wherever they could. When they moved to New Zealand, they were so in love with the lifestyle that they imported their van and continued to travel around.

Simone noticed she and Joe spent much more time outside and became more in tune with the outside world. *"We noticed that we would watch the sunset, or we would know what the weather was like outside. We felt more connected to the land and nature, and our respect grew."*

They also noticed their waste dropped significantly, as there was no room to store it. *"When you have to carry your water around with you, you don't leave the tap running! If you're solar powered you're much more aware of what you're using and you use it sensibly."*

"You will actively seek out places where you can get your oats for your own jar, because you've got the jar on that shelf and you don't have much more space for other things."

When Simone became pregnant they started to consider parking their beloved van and moving into a house. *"You need a lot more stuff for a baby than just the two of us and we wanted our own workshop to start teaching other people how to build tiny spaces."*



These days Joe continues to build campervan interiors from their new Golden Bay home base, while Simone cares for their baby daughter Esme and continues to develop social enterprises, including Tiny Lifestyle...

Tiny Lifestyle is an educational and inspirational web-based hub exploring how we can all reduce our footprint on the earth while promoting the benefits of living tiny: Massive cost savings from reduced or

non-existing mortgages, a deeper connection with nature derived from a greater awareness of the changing elements and more time spent outdoors; increased well-being and closer relationships with the people who share your tiny space.

Tiny Lifestyle aims to support people who have been priced out of the property market, to thrive in smaller homes. The team believe everyone deserves to know the security of owning their own home and looks at people who have chosen to live in smaller spaces, how they afforded their homes, and how they were physically built.

You can find out more on their website:
www.tinylifestyle.co.nz

*From the original blog post by Simone Woodland
March 02, 2019*





Ethical Fashion

With Guest **Claire Hart (Tearfund NZ)**

ETHICAL FASHION

Following the devastating Rana Plaza factory collapse in Bangladesh in April 2013, killing 1,134 and injuring over 2,500 people, Baptist World Aid (Aus) together with Tearfund (NZ) initiated the Ethical Fashion Guide to raise awareness about responsible and ethical practices throughout the fashion industry and supply chain, from start to finish with the goal to create positive change for workers and more sustainable practices. The Ethical Fashion Guide is a practical tool you can use to reduce worker exploitation and alleviate poverty in developing countries where clothes are manufactured. It grades 130 fashion companies on ethical and environmental practices in their supply chains, giving you the power to shop more consciously and connect with the people who make your clothes.

“A ‘truly ethical’ company not only ensures that its supply chain empowers workers and pays them a living wage, it also understands its impact on the environment and manages its footprint to keep waterways, the earth, and the atmosphere healthy.”

I had a chat to Claire Hart from Tearfund NZ - *The Education and Advocacy Manager and Manager of the Ethical Fashion Guide* - to better understand the impact of the EFG and get some tips.

Since starting the EFG, Claire tells me they have seen a huge increase in transparency in businesses, which is now becoming the ‘norm’. This holds them accountable for what is happening in their supply chain. There have been codes of conduct put in place, more advocates for change helping at the ground level and better tracing of raw materials, such as cotton.

Most companies aren’t aware of how easy transparency can be and can be inadvertently graded down because of their apparent lack of effort.

But business models that make ethical practices their very essence has meant tiny niche producers have managed to trace their supply chain all the way back - and other business can too.

The goal is to ask the questions and raise the awareness to get businesses to include mindful fashion into their business models and best practice by putting in processes and systems.

Tips from Claire

Business: try to trace the supply chain and have checks in place to make sure standards are being met and upheld - seek help if needed.

Get Educated: research and learn about the process, supply chain, ethical practices and environmental components and shop consciously.

Communicate: with companies that you no longer shop with to let them know why.

Reduce: personal consumption across the board with everything, not just fashion.



The Ethical Fashion Guide creates conversation and raises awareness about ethical and sustainable consumerism to businesses and consumers alike. This isn’t a ‘quick fix’ but it is a start. The more knowledge, awareness and mindfulness we consciously seek, the more positive change and informed choices we make.

The best way to approach ethical fashion is without judgment or discrimination, but with encouragement, an open mind and a desire for change.

It takes government, legislation, companies and consumers, but together we can create change. Ultimately, for workers to get paid more, we may need to pay more for our clothes, but the cost increase is tiny compared to the improvements to basic standards of living for the workers.

View their website for more information:

www.tearfund.org.nz

(Image of ‘garment workers in a factory’ supplied by Tearfund NZ)



REDUCE

Buy fewer clothes, plus buy clothes that are well made and good quality.

Ask yourself, "Will I wear this item 30 times?" #30wears

CARE & REPAIR

Sewing a button, a seam or hemming trousers can give clothing a new lease of life.

REUSE & RE-FASHION

If something you love can't be repaired, why not turn it into something new? Upcycling brings new life to something you already own.

RECYCLE

If your clothing is good quality and looking for a new home take it to any of the charity shops on the map overleaf and consider good giving.

TIPS FOR GOOD GIVING

Are you having a wardrobe clear out? If so, please consider donating pre-loved items to your favourite charity.

Before passing on clothing, ask yourself, would I buy this if I saw it in a charity shop? If the answer is no, then it probably shouldn't be donated.

Good tips for giving are to make sure:

- ✓ Your items are clean, smell fresh, have no holes, are not pilled or faded
- ✓ You drop off items during open hours
- ✓ If you have more than a car-load, call the store to arrange a time to drop off

Goods which can't be reused should be taken to the Nelson City Council transfer station, 6-8 Vivian Place. Phone 03 548 5760.

To find out about all the other things you can do with unwanted goods and recycling head to...

www.nelson.govt.nz/recycling

Thank you for your donation.

Printed on recycled paper.



NELSON OP SHOP MAP & GUIDE

Your guide to buying from and donating to our local pre-loved shops

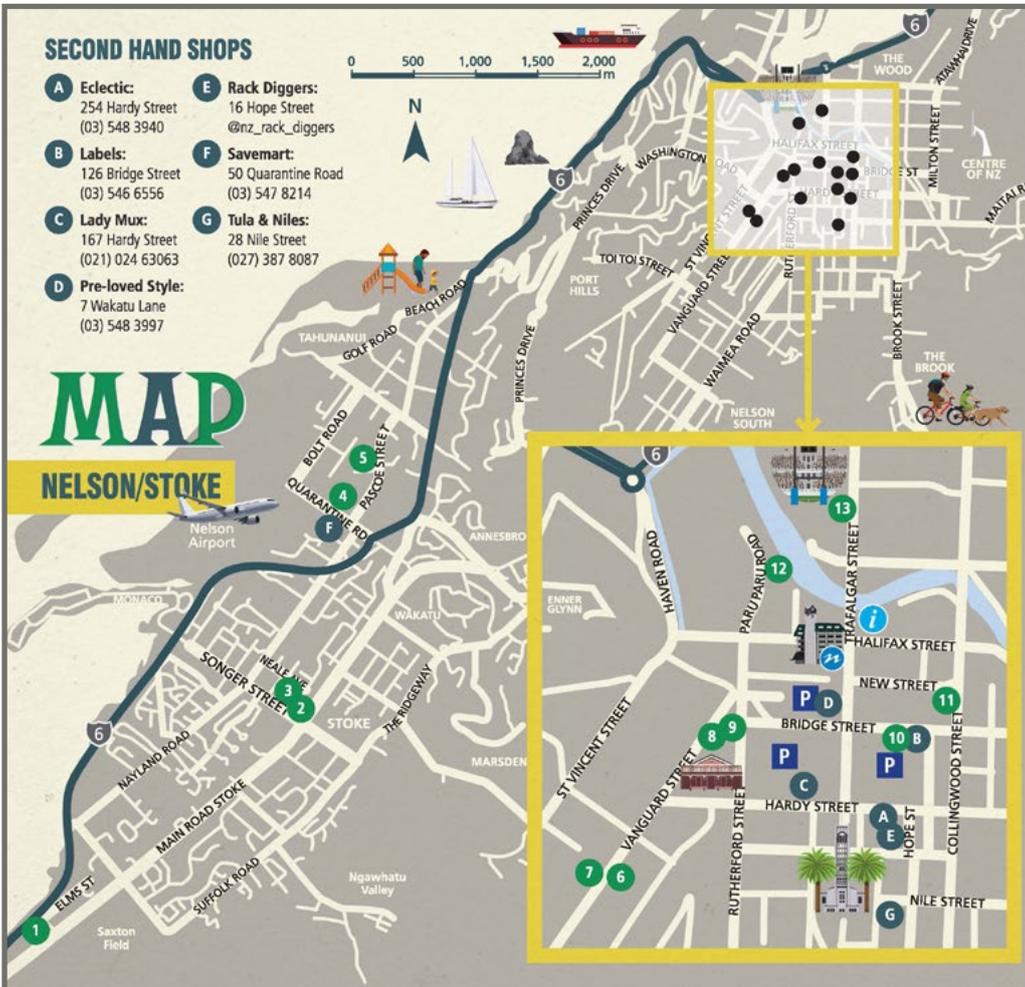


Click images to go to downloadable PDF or [CLICK HERE](#)

SECOND HAND SHOPS

- A Eclectic:** 254 Hardy Street (03) 548 3940
- B Labels:** 126 Bridge Street (03) 546 6556
- C Lady Mux:** 167 Hardy Street (021) 024 63063
- D Pre-loved Style:** 7 Wakatu Lane (03) 548 3997
- E Rack Diggers:** 16 Hope Street @nz_rack_diggers
- F Savemart:** 50 Quarantine Road (03) 547 8214
- G Tula & Niles:** 28 Nile Street (027) 387 8087

MAP NELSON/STOKE



OP SHOPS FOR CHARITY

- IHC Charity Shop**
3 Elms Street (03) 544 4744
- St Vincent de Paul Society**
530 Main Road, Stoke (03) 547 7351
- Red Cross Shop**
103 Neale Avenue, Stoke (03) 547 7115
- ReStore (Habitat For Humanity)**
73 Quarantine Road (03) 547 4626
- Nelson Reuse & Recycle Centre (NEC)**
6 Vivian Place (03) 548 5603
- St Vincent de Paul Op Shop**
77 Vanguard Street (03) 548 9372
- Red Cross Shop**
76 Vanguard Street (03) 548 4764
- SPCA Op Shop**
21 Vanguard Street (03) 548 1519
- St John Community Shop**
46 Rutherford Street (03)-548 8598
- Nelson Hospice Shop**
110 Bridge Street (03) 548 1823
- Lifeline Goodwill Store**
58 Collingwood Street (03) 548 2400
- The Salvation Army Nelson Family Store**
16 Paru Paru Road (03) 548 9937
- Nelson Women's Centre Op Shop**
44 Trafalgar Street (03) 546 7986





Travel Guide

By Amanda Sears

BALI BLISS WITH TINA ARTHUR

Bali is an island in Indonesia, just over 9hrs plane ride from Auckland, NZ. A popular destination for a wide range of visitors - from holiday makers to surfers, and spiritual seekers to digital nomads.

I recently talked to Tina Arthur from Retreats by Design about why she chose Bali for her retreats and why this island paradise holds a special place in her heart. Tina is a self-employed travel designer and contractor to NZ Travel Brokers. She moved to Nelson 5 years ago to be surrounded by nature and the beach, which “*nourishes her soul on a daily basis.*”

Two years ago she dreamed up the concept for Retreats by Design, soul enriching escapes for small groups of like minded women who were perhaps inexperienced with travel or too busy to plan a special breakaway for themselves.

Her extensive knowledge of the area along with her many connections in Bali means she can give women a ‘Bali bliss’ experience that is soul-enriching, relaxing and rejuvenating with a health and wellness aspect to it.

Bali holds a special place in Tina’s heart, not just because of the tropical setting, warm weather, range of wholesome food options and the many things to see and do - but also the culture and friendliness of the Balinese people and the spiritual element where East meets West and flows together - creating a sense of connection.

Having been in the travel industry for 20 years and visited many destinations, Tina says no place compares to the quality and range of wholefood, organic and unique cuisine in Bali! Tina raves about the food, but not just because it is affordable, colourful, nutritious and delicious but because it is well presented, of high calibre, mostly organic and grown locally! Each eatery

has its own unique theme and outlook, and where possible is transparent about where food comes from with a strong sustainable focus.

Tina has chosen Seminyak, a popular resort town about 30 minutes drive from Denpasar Airport as her favourite holiday spot because of the proximity of everything to the accommodation. There is an abundance of villas, eateries, day spas, shops and the beach all within walking distance. This makes Seminyak the perfect middle-ground place to start your journey of Bali



For shopping, there are markets right through to high end boutiques, a bit of everything for everyone across all budgets. *Remember to take your own reusable bags as Bali is single-use plastic free!*

Whether visiting temples and rice paddies, meditating and daily yoga practices, lounging poolside with nourishing food or exploring the shops, restaurants, bars and day spas - Bali has something for everyone -

with more ‘adventurous’ options available too.

Tina’s Top 5 ‘Must Do’ in Bali

1. Day excursion to Ubud
2. Shopping in Seminyak
3. A sunset cocktail at Ku De Ta Beach Club
4. Luxury day spa experience (*recommend Sundari Day Spa*)
5. Vegan cooking class at KIN Seminyak

Bali is a unique place to reconnect with your self, nourish your mind, body and soul + snap some great Instagrammable shots!

Time to start planning that trip to Bali! (*High season is July/August - the perfect time and place to ditch the Winter chill!*)

www.retreatsbydesign.co.nz
(Photos supplied by Tina Arthur)





SPIRITUAL GROWTH

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Energetic Forecast

With Psychic Suzanne

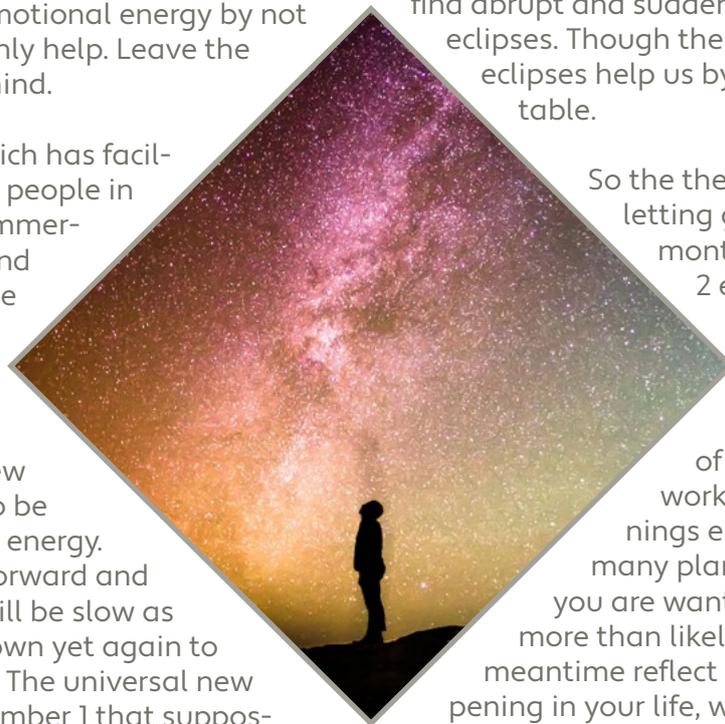
ENERGY FORECAST - JULY 2019

July 2019 is a bit of a mixed bag. There are several planetary alignments, planets in retrograde and we are slipping into eclipse season again. We have now also slipped into emotional Cancer and this can be an emotional roller coaster ride for some. July will reflect the cancerian energy which is bubbling in the background. Keeping abreast of this full on emotional energy by not buying into it will certainly help. Leave the emotional baggage behind.

The 9 energy of June which has facilitated many endings for people in the last month is still simmering in the background and will do so throughout the month of July. Coupled with the number one energy of July ($2+0+1+9+7=19=10$) which theoretically is about new beginnings, it is going to be a push me pull you type energy. In other words, 5 steps forward and 3 steps back. Progress will be slow as the universe slows us down yet again to stage for the next show. The universal new beginnings energy of number 1 that supposedly overrides July's energy will be certainly be tampered.

Mars, Saturn, Neptune, Jupiter, Uranus and Pluto are all retrograde and will continue to be throughout July. Mercury is due to go retrograde on July the 26th. Retrograde energy is about moving within. It is about pausing, reflecting, and working on what is already in front of you rather than reaching for anything new. During a heavy retrograde period like this, the energy of the cosmos becomes slow and instead of trying to push ahead, we must instead look to our past and how our actions, attitudes, and beliefs are manifesting in our lives. The Universe wants us to focus what is already on our plates and what we have already set in motion. It is purely a time of reflection.

Yes, it is eclipse season again in July. A solar eclipse occurs in Cancer on July 2, 2019 and a partial lunar eclipse in Capricorn on July 16-17, 2019. There are two types of eclipses: solar and lunar. Solar eclipses occur during the new moon phase. Lunar eclipses, on the other hand, correspond with the full moon phase. Eclipses open new doors by slamming others shut, so we often find abrupt and sudden shifts occurring during eclipses. Though the shifts can be jarring, eclipses help us by speeding up the inevitable.



So the theme in July is very much letting go of the past as the month of June has been. The 2 eclipses that are occurring in July will help to close doors even faster and there will be shifts that may be out of our control. This could work with the new beginnings energy of July but with so many planets in retrograde what you are wanting to put in place will more than likely have to wait. So in the meantime reflect on what has been happening in your life, what changes can you make to improve things and where it is that you are wanting to move to. The changes may not happen until August but at least you are underway with where you are moving to.

Overall the energy vibration is increasing. There is talk of us moving into the 5th Dimension and that the energy is here now for the taking. Be cautious about this. We are very much in the intermediary stages of this phase. For many of us there is still work to be done to let go of the 4th dimensional energy. It all is work and progress and the next 2 months will reflect some of the changes that we need to go through to raise our vibration.

Suzanne
Psychic Suzanne



Spiritual Guidance

With Psychic Suzanne

AN ANGELIC CONNECTION

Angels have always had an air of mystique about them. In the bible, there are numerous mentions of Angels as Gods messengers and helpers, Archangel Gabriel is the Archangel closest to God and is the Archangel of communication. He has been the Messenger Archangel for God on many occasions, making many appearances to people here on earth historically and in this present day. Read 'Angels on Assignment', by Roland Buck for confirmation of the presence of Archangel Gabriel here on earth plane.

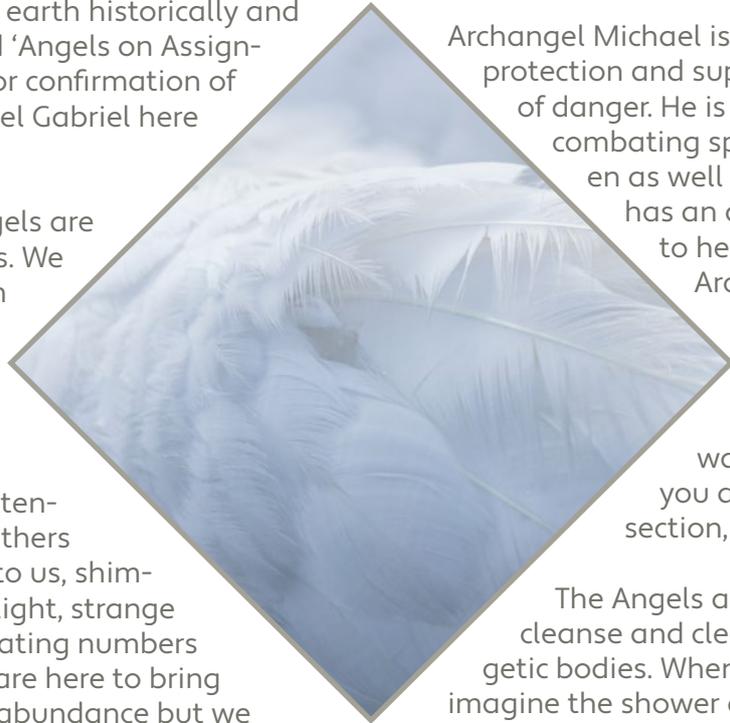
Our Archangels and Angels are always watching over us. We also all have a Guardian Angel assigned to help look after us. Our Guardian Angel has been with us for many lifetimes and knows us well. Angels draw our attention to them by holy feathers floating in the air close to us, shimmering of blue and white light, strange uncounted sounds, repeating numbers and vivid dreams. They are here to bring you love, guidance and abundance but we must ask for their help to receive their blessings. They will not do anything unless you ask.

Ask God to send the Angel Messengers and your Guardian Angel to you. See a big ball of white light in your heart and see it expanding outwards through your physical body and energetic bodies, attracting the Angels towards you. Then see the Angels all around you and thank them for their presence. Thank them for the messages and guidance that they want to give you today and then listen for any messages or thoughts that come into your head.

Archangels and Angels are also very powerful healers. You can call upon your Guardian Angels, The Archangels, or any other Angel that you wish to help heal you. Archangel Raphael, common-

ly known as The Healer, is often referred to as the Angel of Healing. When I need healing, I call upon Archangel Raphael and his healing guides to send healing to me.

I see his beautiful emerald green energy pouring into my chakras, physical body and energetic bodies and Instantly I can feel the heat and then relief. Try it... it really works!



Archangel Michael is widely associated with protection and support, especially in times of danger. He is God's Warrior Archangel, combating spiritual warfare in heaven as well as here on earth. He has an army of warrior Angels to help him. Ask God to send Archangel Michael to you if you are under a psychic attack or feeling unsafe and he is there in an instant. See his warrior Angels surrounding you and your home, car and section, keeping you safe.

The Angels also connect with us to cleanse and clear our chakras and energetic bodies. When you are in the shower, imagine the shower as a cleansing waterfall. Call upon the cleansing Archangels and Angels and see them with their sparkly energy cleansing and clearing your energy bodies, aura and chakras. See the old energies flowing down the plug hole. See the pure light of God pouring through your whole being energizing and uplifting you. Thank the God and the Angels and meditate for messages and guidance.

Suzanne
Psychic Suzanne



Spiritual Development

With Renae Bailey

ARE YOU CONNECTED TO YOURSELF?

Every now and again, events occur either directly in our lives or in our community which send us into a place of fear. The stress response kicks in, and we retreat to protect ourselves, which is quite a normal and expected response.

Most people move through this fairly quickly, once the event has passed, and resume their normal lives, however others remain 'stuck' in this space of fear, unable to move through it.

One of the ways we can move through this fear, is to take the time to truly connect with ourselves, allowing us to feel the full spectrum of our emotions in a nurturing and protective space. Just because we are "all grown up" it doesn't mean that we no longer need the same level of support that we used to.

The goal is to nurture and support ourselves in the way most appropriate for each of us. This sounds simple enough right? But if I ask you, if you are connected to yourself, and if you truly know what it is you need right in this moment, would you be able to answer from your heart?

There are a myriad of ways we can connect to ourselves:

Journal - Writing your thoughts and feelings in a journal can be cathartic. Don't hold back on sharing your feelings. Allow yourself to feel them as they arise, but let them move through you. Emotions are energy in motion. Dwelling on them can cause them to become "stuck", creating problems later on. At the end of your journal entry, write to yourself as a trusted confidant would. Validate your feelings, allow yourself to be truly heard, acknowledging the courage you had to share your true thoughts.

Relax - There are as many ways to relax as there are people on this planet. Finding the method that works for you is the important thing. When we are stressed, our bodies enter "fight flight

mode", a perfectly normal response designed to keep us safe. Ensuring we return to 'rest and restore mode' is paramount. In rest and restore is when our inherent healing system is activated, bringing about a state of balance to both the body and mind.

- Soaking in a bath with epsom salts and essential oils such as lavender or cedar wood
- Strolling along the beach or through the woods
- Indulging in a massage or a reiki session
- Meditation - search online for guided meditations
- Yoga - gentle exercise connecting the body, mind and spirit
- Deep belly breathing
- Getting creative - drawing/craft/knitting

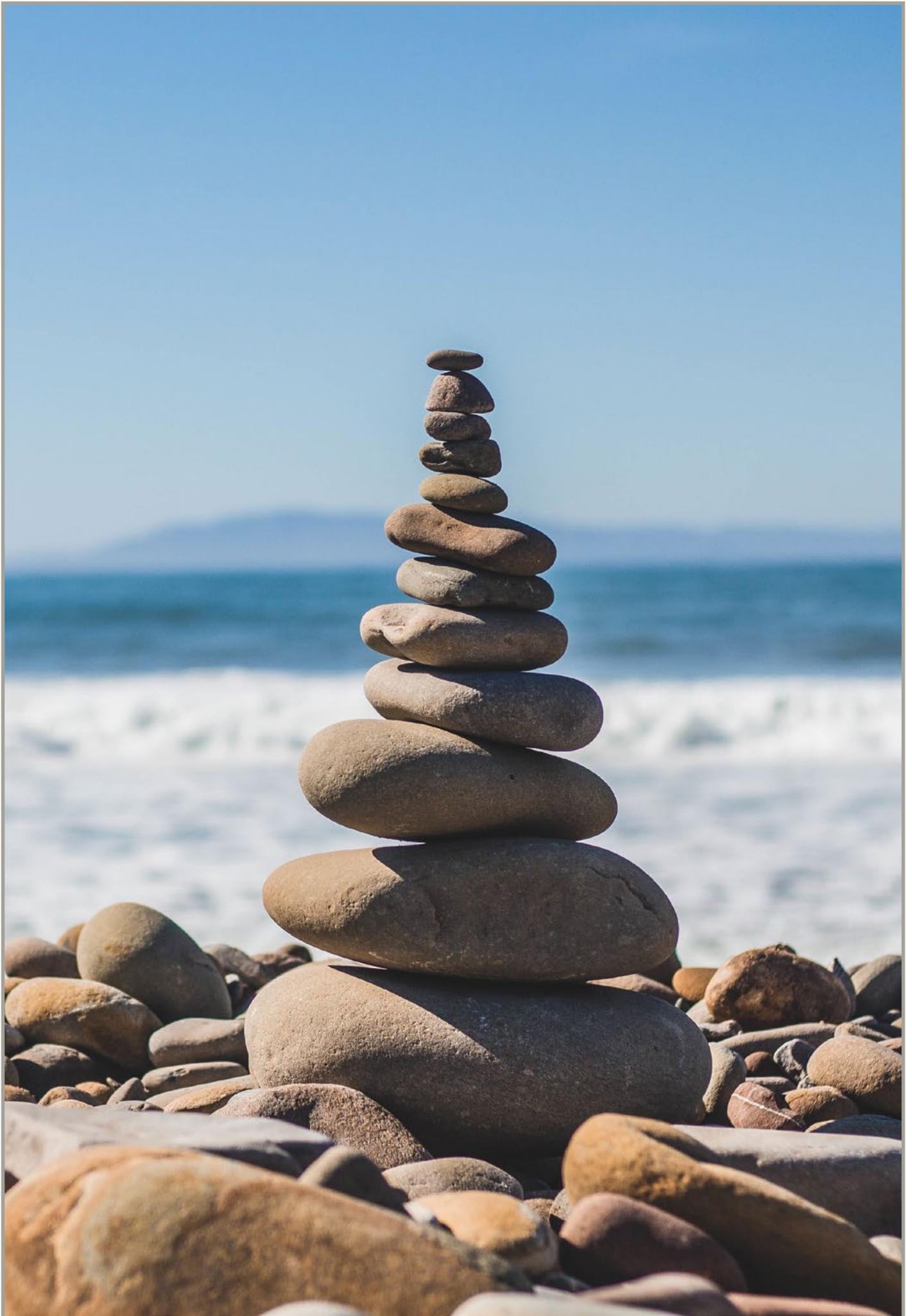
Create a morning self care routine - The secret here is finding what works for you. We are all unique individuals, with unique needs. Some things to consider, are moments of gratitude, meditation, taking time for a cuppa or a journal session. My morning consists of a gratitude statement, and self healing while still in bed, followed by savouring a nice cup of coffee. My day starts calm and centered so I am better able to cope with what the day may throw at me. When potential moments of stress hit, they don't hit so hard.

You can ask - *Have you ever asked yourself what you need?* Take a moment, place your hand on your heart, breathe deep, bringing your awareness to your heartspace. You may want to close your eyes. Simply ask yourself what it is you need in this moment. The answer may seem simple, but the important thing, is to honour whatever answer you get.

It really doesn't take long, but taking moments for connection with ourselves daily is true self care. It serves to keep us balanced, and centred, and allows our bodies to work at their optimum.

Renae Bailey
Healing with Renae

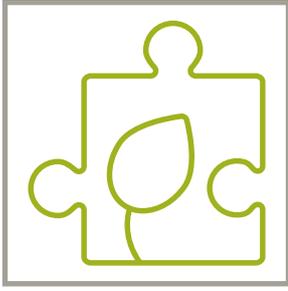






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My Journey So Far

Q + A With Guest **Paula Cuniffe**

Tell us a little bit about yourself

I've lived in Nelson all my life. I'm a divorced mum of two and a grandmother of an eight year old whom has lived with me since he was three. I now home-school him while caring for my 83 year old father. I have a masters degree in art and design, but I've made my living so far as a graphic designer and writer. I've written and illustrated children's books, which I have wanted to do since I was little. I still make art when I can. Since 2014 I've been unable to work due to being diagnosed with several autoimmune issues, the most debilitating being Psoriatic Arthritis. In amongst the fatigue and pain, I wasn't able to use my hands to create art. It really dominated my life. Nobody can tell by looking at you that you're sick, and you end up being so exhausted by questions and life that you just want to stay home and stop being a part of the world.

Describe the experiences that have shaped your journey

It was becoming harder and harder to stay upright, and I did something everyone advised me against... I got a rescue dog. I would take him for a walk every day not knowing if I could make it back home. Every time I stopped in exhaustion, he would wait patiently for me. Some days I'd be crawling in the gate. Every now and then I find the odd person, like 'angels', that come into your life with pearls that you take on which changes your direction. Somehow it seems that if you are open to it, the right person or information comes when you need it. I've had plenty of downtime where the only thing I could do to entertain myself, was watch lots of YouTube about health and wellness, and I became addicted to plant-based cooking shows. I met Nelson pharmacist Hannah O'Malley at a crucial time and she was a great support and advocate. Giving me tips and advice for success in eating a plant based diet.

Share with us the ways in which you have

changed your life for the better

New Years Day, I was served a pork roast that was so dry and tasteless, it suddenly hit me that I couldn't eat meat anymore. I was so tired, so sore and taking so much deadly medication every day including weekly injections I gave myself in the stomach; I committed myself to following a plant-based diet as well as giving up gluten. I also started on some nutritional supplements to make sure I was getting everything I needed. Within two days, my head was so clear and my abdominal swelling had gone down. By the end



of the week I had no residual pain over the top of my normal medications, and I didn't have any irritable bowel symptoms that previously saw me going to the toilet up to fifteen times a day.

I was sleeping and feeling rested, and staying awake with more energy than I'd experienced in years. No more nana naps! My eyes were brighter and clearer, my skin and hair softer, and at the end of two weeks, I'd lost three kilos. Giving up

dairy was a game changer also. I no longer had chronic post-nasal drip or any asthma. After two months, I was having dizzy spells that took me to the doctor. My blood pressure had decreased so much my medication was halved, and the beta-blocker I was taking was stopped.

Tips or advice for others on their journey

Preparation is the key to success in any endeavour, especially eating well. Everything that goes in your mouth counts. Not just for the obvious pleasure of eating, but also as your medicine. If you fill it with things that were not designed for your body to process, you will make it behave in ways that it was not meant to function.

I'm not perfect with my eating. I slip up, but I pay for it. Your body is your awareness tool, if it's not feeling great, there's a good chance you're not giving it what it needs. Like looking after land you occupy, you need to look after your body.

Love it, respect it, trust it and honour it.



A Balanced Life

With Sarah Jensen

TIME TO RESET

"This isn't how I want to do business..."

This is something a beautiful coaching client said to me recently as she painted a picture of how she's been feeling, creating and showing up in her business.

She used words like 'drained', 'overwhelmed', 'anxious' and 'tired' to describe what working in her business felt like. The volume on her self-doubt track was set to maximum and she was starting to wonder if it was worth all the effort and stress.

It was time for a reset – not only of the practical stuff, like how she was spending her time, but a mindset reboot too. We needed to get her reconnected to her own groove so she could start doing business HER way.

As I tend to do in coaching sessions, I started asking some gently probing questions to help her tap into what she wanted instead.

If you're feeling the twinge of recognition here, and you'd like to explore what doing business your way means for you, here are five questions you can ponder, journal on, or discuss with a caring friend or coach to help

you connect with your own instincts, intuition and ideas:

ONE: How do I want to do business?

TWO: What does it mean to 'do business my way'?

THREE: What does doing business my way look like?

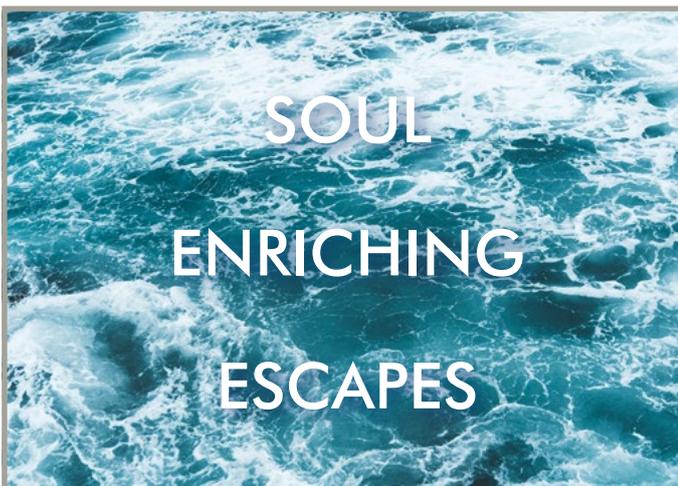
FOUR: How do I want to feel when I work on my business?

FIVE: If I was doing business my way, what action(s) would feel most aligned / natural / fun / joyful for me right now?

The aim of these questions is that they help you get clear on what you want and how you want to feel as you build your business, so you quickly notice when you're out of alignment and can gently correct your course to come back to your centre and your way of doing business.

Happy pondering.

Sarah
Sarah Jensen
(Australia)



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Mindset Matters

With Angela Cheruseo

3 MONEY MINDSET TIPS, TO HELP YOU BELIEVE AND SO SUCCEED

Most people prefer not to talk about money, ask for help or ask others who are succeeding with money as to what they are doing. It's a bit like money is a dirty word... *it may mean if you bring it up that you aren't doing well or that you are wanting more and therefore not content with what you have so are ungrateful.* These are just two forms of stingy thinking. Like anything, education and knowledge around money is important, but more so, is what does your mind tell you about money? What is your money story?

We all have one. If you tell yourself it's just a means to an end, then you need to begin transforming your mind-set. Because you get what you believe you can have. We can have so many outdated beliefs and thinking around money that is working in us at a subconscious level which we are often unaware of which alters our success with money.

Here are 3 tips to start to eliminate stinking thinking

1. Stop Telling Yourself You Can't Succeed

What are your beliefs? Do they help you or hinder your success? When you think of money what words come up? Poverty, deficiency and scarcity or abundance, growth and joy? Do you blame your lack of success because of someone or something else beyond your control? Or the alternative thought that somehow you just aren't made of the stuff that can help you master this area of life?

Success is just a state of being available to

all, start to believe in yourself. Remember change your story change your life. Get rid of limitations and tell yourself the truth.

2. Get Rid of Fear

Everybody has a fear of failure at some level. At times we have all been fearful that perhaps we are not enough. Even when we know what to do, our fear can stop us from executing our plans. Rather than face our natural fears... as a result we come up with stories to stay in our comfort zone.

Stories about why we're not where we want to be. Which always relates to something outside of our control or lack of talent or ability. But talent or skill is attainable to anyone who is committed, you just need to get beyond the mental limits of how hard, difficult or impossible it may seem to be.

You must take a risk and step out of your comfort zone and TRY.

3. See Money as a Gift

Not a means to an end. View it as a way to connect with others, as something to appreciate and to be of help to others with. When you pay someone, do not think of how much more work you will have to do to replenish your bank account, this becomes negative. Instead, think '*you've given the gift of wealth and appreciation for their service or product*'.

Our successful relationships come only when we nurture and grow them. It's the same with money. If we are grateful for it, appreciate it and work towards looking after it and giving to others, then our thoughts and actions around money become healthier and we will attract more success with our money. Money is here to serve us, don't forget this.



To Change a Belief that is Not Helpful to Your Success:

You first have to realise your old ways of thinking and believing has not been helpful. Whatever those beliefs ... do the opposite.

Strategies for this are:

VISUALISE yourself achieving what you want. Having done so, allow yourself to actually FEEL the emotions of the success until it becomes so real to you.

The next step is to start DECLARING the new truth out loud, and then becoming GRATEFUL for what is coming (even if you don't have it yet).

You can only do that if you first see it and feel it, otherwise it's just saying proclamations which don't often work. You have to do this daily until it becomes a habit, a new way of thinking. If you wish, even go as far as creating a 'vision board' or a 'success statement'.

Many people who are financially successful and independent started out from nothing. Like Tony Robbins, Oprah Winfrey, Brian Tracy, TD Jakes and so many more. They had to learn, to re-train their thinking and beliefs. If they can do it, then we can too, it just depends on how much you want it...

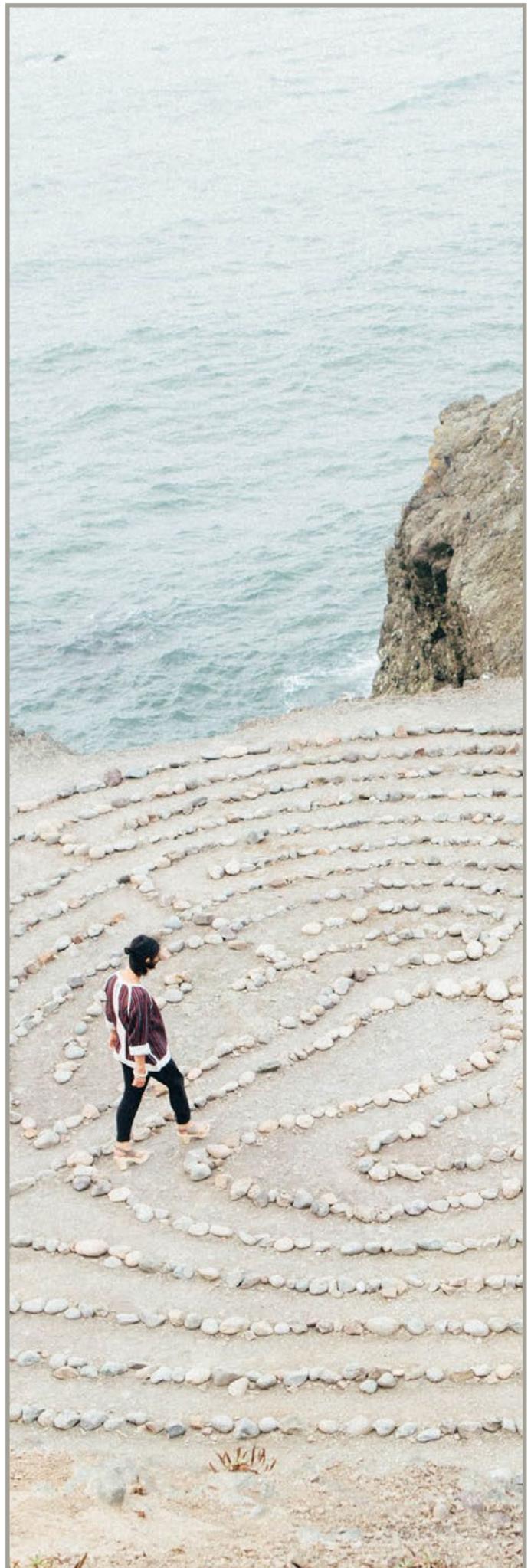
"Money is nothing more than a reflection of your creativity, your capacity to focus and your ability to add value and receive back"
- Tony Robbins

If you feel like you can't do it alone, then you could consider a mentor or money coach - someone to guide you into a more beneficial mindset about yourself, wealth and success and help to create positive change in your life.

Angela

Angela Cheruseo NZ

(Original Blog Posted by Angela Cheruseo
22nd June 2016)





The Men's Panel

Health & Wellbeing For Men by Men

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



John Cohen-Du Four

My most regular practice is to not get too hung up on regular practices. My partner's father used to always say "everything in moderation". He lived to a very healthy ninety-three. Listening to my body is always my best start - something we men aren't always the greatest at doing. A soreness here, a weakness there, a burst of overindulgence, a need for exercise, a time to quietly withdraw, a time to party-on down ... if I'm attentive to my physical and mental indicators of need, I can tend to myself appropriately and maintain my self-care. It's also about being kind to myself, and forgiving. I had a very judgmental father, so my inner critics can sniff out any potential shortcomings in myself and pounce with remarkable (and out of all proportion) speed and vigour. Acknowledging their observations (on a good day, even thanking them!), but then telling them to shove off, is a heck of a good way to keep myself whole and healthy.



Gareth Edwards

The short answer is yes. And no. I have self-care practices but I'm not so regular. For a long time I'd give myself a hard time about this, but over the years I've come to accept it as my style. I tend to have a main thing I'm exploring and then let it settle into a repertoire of self-care I dip in and out of. My latest one is dance. I've always loved music but felt self-conscious dancing in public. I got back in to festivals with local events like Evolve and Luminare and felt like I was missing out. So I went to an Open Floor retreat in Golden Bay and followed this up with regular classes in Nelson. As well as getting a good physical workout, I've found a whole bunch of dance-tools to help with the challenges and stresses of everyday life. I'm pretty regular at the fortnightly Sunday classes at Hampden Street School where there's a nice bunch of folk who just want to dance. It's a reset for my mind, body and soul.



James Kane

Currently I work most days, and tend to juggle multiple projects at one time. To cope with the pressure it is important for me not to take things too seriously.

- Stay positive even when others around you are on a negative vibe
- Have a laugh
- Step out and away from your day to day activities and look at the big picture
- Walk your dog (or yourself) around the block - go to a coffeeshop, have some 'you time' - even 10 minutes in between jobs makes a huge difference



Matt Lawrey

Until recently my self-care routine involved mountain biking every chance I got. As far as looking after my mind, body and soul goes, mountain biking really does it for me. I love riding with mates and the kids, but I also get a lot out of going on my own. I find it deeply meditative, incredibly good for my fitness, and I love the way it connects me to nature. I also like randomly texting photos of the amazing places I'm riding to my wife. Seriously, whenever I get home from a ride I'm buzzing with endorphins and it's brilliant for stress release. I suspect mountain biking also taps into some primal male needs to take risks and have adventures and one of the reasons it does that is... it's actually pretty dangerous. I was reminded just how dangerous when I crashed in early June and dislocated my shoulder, tore a hole in my face and took the skin off both my knees. The fact I'm going to be off the bike for a while is a huge drag but I'm determined not to lose all my fitness so I'm hitting the hills on foot instead and, come spring, I'll hopefully be back on the bike.

- Get your hands on a mountain bike and ride it
- Remember you're made of flesh and bone
- Try not to get carried away AND try even harder not to crash!



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Frankincense Face Oil • Make Up Remover • Lip Balms

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Nourished by Nature

With Charley Ainscough

THE WONDERMENT OF BEANS

Beans, beans are good for the heart, the more you eat the more you'll feel fantastic!

Beans are some of the most underrated foods on the planet. Beans are an excellent source of protein, dietary fiber and B vitamins. There is also good evidence that beans can help to reduce blood sugar levels, improve cholesterol levels and help to maintain a healthy gut.

The protein that beans provide plays a key role in virtually everything the body does.

Beans are incredibly high in amino acids, the building block of all protein. For a full nutrient impact beans should be eaten alongside carbohydrates such as brown rice, cous cous or potatoes. Beans make an excellent source of protein for vegans and vegetarians.

There are many different beans to choose from, kidney beans, soya beans, cannellini beans, black beans, lima beans... just to name a few.

You will find a really good selection of beans that are ready to use from a can from your local supermarket for ease and convenience.

A more affordable way to bring beans into your life is to buy them dried. Dried beans must be soaked overnight as this will break down some of the complex sugars that can make beans hard to digest.

To use dried beans:

Soak your beans overnight in a deep bowl filled with fresh clean water, - the beans will expand, so plenty of water is required. Rinse the beans off and place them in a large pot, again with lots of fresh water. Add a good sprinkle of salt and fresh herbs, and spices for more flavour - rosemary, thyme, parsley, bay leaves and chilli will all add delicious flavor to your beans. Simmer gently for 30 - 45 minutes or until the beans are soft to the touch but don't fall apart.

Charley Ainscough
Charley Chop Chop



Mixed Bean Salad

A tasty and nutritious salad, perfect for lunch or dinner. Serves 2 people.



You will need:

1 can of mixed beans
1 small beetroot, peeled and grated
1 carrot peeled and grated.
Juice of 1 lemon
Handful of parsley, chopped
A good glug of olive oil
A good grind of himalayan salt and black pepper
A sprinkle of sesame seeds to garnish

How to:

Drain the can of mixed beans in a sieve and rinse well with cold water.
Add the beans to a bowl.
Peel and grate the carrot and beetroot, add to the bowl.
Chop the parsley add to the bowl.
Squeeze over the lemon juice, add a glug of olive oil a grind of salt and pepper.
Taste think in your mind what does this need and correct accordingly.

Eat immediately and enjoy for lunch or dinner.

Cannellini Bean Dip

A delicious alternative to hummus. Serve with carrot and celery sticks.



You will need:

1 can of cannellini beans
2 cloves of garlic – peeled
¼ cup of parsley
½ cup of olive oil
Juice of 1 lemon
A good grind of salt and pepper

How to:

Place all the ingredients into a food processor and blend until smooth.

This will last in a sealed container in the fridge for 5 days.

Homemade Baked Beans

Full of protein, easy to make and with much less sugar than store bought varieties.



You will need:

400g can of chopped tomatoes
390g tin of cannellini beans drained and rinsed
½ brown onion – chopped
2 Tbsp Tomato Paste
1 clove of garlic – peeled and chopped
1 small carrot peeled and grated
A good grind of salt and pepper

How to:

Fry the onion in a small amount of oil until soft.
Add the garlic and cook for a further minute.
Add the can of tomatoes, then use the can to half fill with water and add to the pot.
Add the grated carrot – *this will add natural sweetness.*
Add a good grind of salt and pepper
Bring to the boil and simmer on a low heat for 10 minutes.
Drain then rinse the can of cannellini beans and add to the pot
Cook for a further 5 minutes.
Check the seasoning and change accordingly



Living Naturally

With Noreen Macdonald

CREATING CONNECTION IN THE FAMILY

Thinking back to your childhood, what do you remember? Was it the presents, the things you owned, the material items? Or, was it the feeling of love and of connection?

When I thought about it, it was the feeling of being loved. It was about my *family*. I can't remember any specific events that stand out. I remember snippets of memories – sitting on the floor of the kitchen bashing something in the mortar and pestle, while my mum and grandma were cooking. It seemed we were in the kitchen a lot. I remember being in the garden with my grandpa and snuggling in front of movies with my family.

I think we had a lot of connection in our family, a feeling like I belonged to something bigger than myself. Neuroscience calls this social coherence, one of the deepest resonate emotions we can feel.

As babies we rely on our external environment, we rely on our parents to provide us with our needs. We have our basic needs like food, shelter and what our bodies need. We also have our emotional needs like love. As we grow, our basic needs change. We become more independent and are able to do more ourselves, however our emotional need to receive love doesn't change. *We need love.*

The heart and brain are intimately connected with each other, with each organ continuously influencing each other. We so often think as the brain as being the master controller of the body, however the heart's internal nervous system is so sophisticated it is often called the 'brain in the heart'.

HEART COHERENCE IN THE FAMILY

So whether you call it social coherence, heart coherence or love, how do we build it in our families in a busy world?

1. Heart communication - I get it, you are cooking, waiting to hang out a load of washing, needing to change a nappy, overseeing homework and the dog needs a walk! You are busy. It

can be incredibly hard to communicate to your kids in a heartfelt way when you are stressed.

The best thing you can do when you do get free moments, is to take the time to really communicate with your kids, from your heart. Stop scrolling and get at their level, whether on the floor, sitting or lying having a cuddle and really communicate and see them light up. Talk, listen, and love.

2. Connection through touch

This follows on from the above but loving touch is added. There's nothing better than taking the time out of your day and cuddling your child and truly being there 100%. Bedtime is a great time for this, as this helps calm down your child's nervous system and send them into a sleep full of love.

3. Connection through play

Making the effort to really play with your kids, even for 10 minutes before dinner will make a huge impact on them feeling connected to you. Kids are always observing and if you have time to scroll on your phone but no time to play with them, what message do you send to them? Play with them, doing what they love to do – sports, art, music, games, gaming will fill their emotional cup.

4. Device free dinners

Make dinner a time of connection and communication for the family. Sitting down to a shared nutritious meal and chatting about the day is essential for family connection.

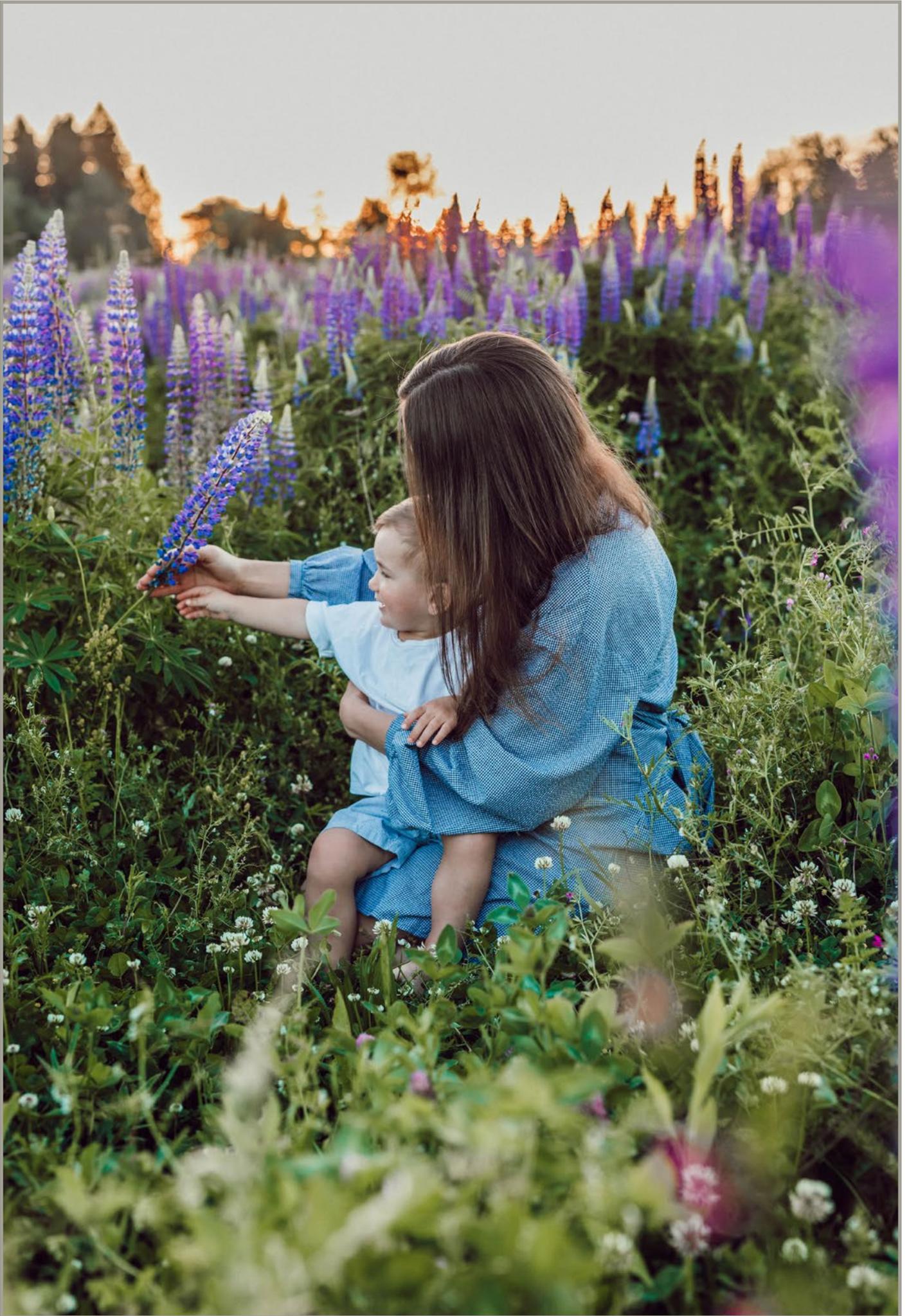
5. Kids connection activities

Ask your kids what are their favorite things to do with you. Write a list and stick it up on the fridge then choose something together and go do it.

6. Including kids in your day

Ask your kids if they would like to cook with you, encourage them to be a part of your home routine, whether that's hanging out the washing, unpacking the dishwasher or gardening. You'll be surprised at how capable they are and how much they actually enjoy doing things with you.

Noreen Macdonald
The Choice Lifestyle





Living Well

With Amanda Sears

A LIFE LESS CLUTTERED

You know those times when you are procrastinating something and you end up cleaning instead? There seems to be an emotional (maybe even spiritual) connection to it - where rather than 'procrastinating' and making physical space you are actually also creating mental and energetic space for things you WANT to flow in! Marie Kondo treats tidying as therapeutic and says "There are two reasons we can't let go: an attachment to the past or a fear for the future".

I used to practically live out of my car, then as I settled down with my husband we started to accumulate more 'things' - We are now in the process of decluttering all aspects of our lives to not only make cleaning easier, but to create more space for what we truly love! Experiences, beauty and functionality.

"Have nothing in your house that you do not know to be useful or believe to be beautiful."

- William Morris

I've worked through A LOT of personal 'stuff' over the last few years and though we have the usual Spring clearout, I couldn't let go of much until I cleared the emotional component that created the materialistic ties... Within just the last few months I have finally let go of most of my stored clothes, the random and unnecessary purchases and even most recently my wedding dress (2013)!

While it appears that clutter is just 'stuff', it is often a reflection of our internal environment...

With an often overwhelming assortment of smells, sounds and sights constantly seeking our attention, it makes sense to find a place of peace within yourself and then reflect this outwards through decluttering and cleanliness as a form of therapeutic self-care in all areas of your life.

There can be many reasons why we feel the need

to collect, keep or store items that no longer align with our current self or serve any purpose... *maybe it was a gift or a memory in physical form...* I have a solution to this that has worked for me and might also work for you too...

Where to Start:

Start by making a list of areas that could do with some love and attention, eg. garden, house, car, wardrobe, storage, computer, workspace, etc.. (Sort bigger spaces into smaller sections). Then in your own time and pace, work through each space - clearing, sorting, filing, cleaning, tidying and organising.



I have a **3 Step Method** in which I will move the items through a process, eg. clothing will go from my bedroom, into storage, where it is sorted again, then donated or stored. If I still 'want' it, then it stays and gets reviewed in the next round.

It doesn't need to be a quick or thoughtless process... Start small.

Give a second life to your unused items by selling or donating them. This can bring in some extra cash and/or help people in need. Another bonus to reducing clutter is it makes us more mindful of how we spend our money, saves us money in the long run and reduces unnecessary waste. Think of this also when gifting presents...

Marie Kondo clears clutter and 'sparks joy' in such a mindful and peaceful way - truly valuing how each item served a purpose in your life, even thanking it before discarding it - and she gives some great tips on efficient storage!

Creating space isn't just a *material* thing! How is your email inbox or computer looking??

Marie says "Tidying is the act of confronting yourself" - what do you need to confront?

Amanda Sears

The Wellness Guide



Being Fit & Well

With Clare Scott

ACTIVE TRANSPORT FOR FITNESS

Making time for fitness and looking after our bodies is something that often gets missed out in our busy, stressed lives. We end up prioritising any number of other things... making food for our families, answering emails, tidying the house, folding washing, watching Game of Thrones, zombie scrolling on Facebook, etc... *before* we make time for our physical fitness. However, especially for those of us with mostly sedentary jobs, finding that time is really important for our health and wellbeing.

But there are just not enough hours in the day! ... Luckily there is a life hack that can make all the difference.

Active transport.

Active transport is just what it sounds like—using your body to get yourself from A to B instead of a car. The time we spend sitting in a car adds up to sometimes hours per week. If you tend to spend 30 minutes driving and looking for a car park every work morning, and another 30 minutes in traffic at the end of the day, that is five hours a week of time that could have been more productive, healthy, and refreshing. How often do you spend five hours a week working out? By making biking a part of your day, you no longer have to find more time, that you probably don't have, to do cardiovascular exercise.

But it takes so much longer to bike, you might say. Does it though? Because of the heavy congestion, taking a bike can actually end up being faster. Nelson has some lovely cycle ways, particularly the Railway Reserve running the length of Stoke, through Nelson South and into the CBD. In the morning rush, I see people sitting in their cars at a standstill, while only 20 meters away there is a lovely cycle track under a clear blue sky.

Remember that you aren't just stuck in traffic, you *are* the traffic, and you can break free and cycle instead.

In this day and age, it's all about juggling time—what you're going to give up to make time for something else. Sitting in a car in heavy traffic in order to get to the gym to take a spin class after work just doesn't make a lot of sense. We tend to go somewhere special to exercise instead of making exercise just part of our daily routine. This is called 'incidental exercise'—it's exercise

that you do by just living your life, like getting yourself to work, running after your kids or gardening.



Unfortunately, we've stopped seeing physical effort as a normal part of many daily activities, and this is to our disadvantage. We do specific physical activities at the gym, or going for a tramp, or Zumba class, but we could save time by turning our normal daily routines into physical activity. By cycling to work, you

combine something you needed to do anyway (spending time getting to work) and something that's good for your body and mind (getting some exercise and fresh air).

We are so lucky in Nelson to have fantastic weather year round, and have cycle ways for much of the journey. Do yourself a favour, get out of the standstill of cars, and get into the routine of biking to and from work. It takes a lifestyle shift and may seem like a lot of effort in the beginning, but every new habit takes a few weeks before it becomes the new normal.

Why not give it a spin, and see how much easier it is to stay fit when you make active transport part of your life?

Clare Scott
Easy Street Cycling



Yoga Flow

With Kristin Paterson

No-one is quite sure of the exact origins of yoga, but it is believed that it started some 5000 years ago in Northern India. Over the years, and across the continents, Yoga has evolved quite significantly, and in recent years, as it has made it's way to the West, it has centred mostly around the practice of asana (postures). Modern yoga has now attracted millions of followers because of its ability to calm the nervous system, bring people a real awareness of their bodies, and to help them feel centred.

Sun Salutation

Yoga's Sun Salutation, or Surya Namaskar, works great as a warm up for your yoga practice or as a complete practice in itself. It is an energising practice that really gets the prana, life force (and blood!) pumping through the body. Doing 3-7 rounds of sun salutations is the perfect way to start your day!

Flow Guidance

Begin by standing in MOUNTAIN POSE, inhale and sweep your arms out and up until they meet above your head.

Exhale, dive forward into a FORWARD FOLD

Inhale, extend heart and head forward, creating a long straight spine, called TABLE TOP

Exhale, fold forward and bow, place your hands on the ground either side of your feet

Inhale, step both legs back to PLANK POSE

Exhale, lower slowly down in CHATURANGA

Inhale, press down through your hands, draw your shoulders and head back into COBRA POSE

Exhale, press back into DOWNWARD FACING DOG

Inhale, step both feet forward to TABLE TOP POSE

Exhale, bow deeply FORWARD FOLD

Inhale, press down through your feet and sweep your arms up and out over your head

Exhale, palms together in front of your heart, MOUNTAIN POSE.

You can moderate how fast you move through the sequence by how fast you are breathing. If you feel like a more vigorous practice, then breathe faster, but if you want a more mindful and meditative slow flow, then slow the breath down.

Kristin Paterson

Lotus & Crow

SUN SALUTATION A





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Healing Modalities

With Guest - Renae Bailey

REIKI & BLUESTAR QUANTUM HEALING

I was introduced to Reiki back in 1994, by a manager who recognised I was too stressed at work. She offered a session that left me feeling totally relaxed and with a knowing I had found something I didn't know I was looking for. I studied Reiki with her in 1996, and then went on to qualify as a Reiki practitioner in 1999. It wasn't until I became a Reiki Master/Teacher in 2011 that I fully embraced Reiki as a way of being. Working closely with my Reiki Master, Annie Kropman, we focused on my spiritual growth and clearing out all that no longer served me. I was guided to study the BlueStar Quantum Healing modality earlier this year, once I had stepped into and acknowledged my true and authentic self.

How has this modality changed your life?

Embracing energy healing has allowed me to discover my purpose in life. I was headed down a corporate pathway, feeling constricted and stifled. Reiki brought me into contact with my intuition, encouraging me to follow my guidance in working with energy. I now have a healing practice where I facilitate the clearing of energetic clutter, bringing out the true light in people, a job I truly enjoy.

In working, first with Reiki and now with BlueStar Healing, I have found a profound level of peace and contentment within which allows me to respond to life with ease and grace.

About this modality:

BlueStar Quantum Healing brings healing

on deep levels, aligning the etheric body with the physical body. This brings about a deep relaxation and a feeling of freedom, as past life imprints are removed, past life wounds are healed, and the chakras of both the physical and etheric bodies are aligned, balanced and activated. It has been described by one of my clients as "Reiki on Steroids". While BlueStar healing has been here on Earth for a number of years, it is only in the past few that it's founder has been guided to teach it to others, as we are now ready to open our hearts and receive it. BlueStar healing can be learned in a weekend, but I have found it was my years of Reiki experience beforehand that has allowed me to embrace BlueStar Healing more fully and facilitate greater energy shifts in my clients. I have a daily practice of utilising Reiki to maintain balance in my chakras in the morning, and BlueStar to remove layers and imprints as they show up to be released.

Thoughts on this modality in healing:

Healing modalities such as Reiki and the BlueStar Healing Method are considered complimentary therapies, meaning that they can be utilised alongside any conventional treatment, bringing support to the body for greater recovery. Personally I have experienced some wonderful shifts and deep healings as a result of integrating these methods into my way of life.

Who do you think could benefit from this?

It is possible for anyone to benefit from energy healing. At the very least energy healing brings about total relaxation which activates our parasympathetic nervous system (rest and restore mode) allowing our body's



innate healing wisdom to activate to restore balance in the body. I have seen some pretty profound results with BlueStar Healing.

One of my clients had a real shift in their work situation. They had been unhappy with their work environment for a number of years, but the energy around leaving had been filled with “running away”, yet no action had been taken. Within 2 days of receiving a BlueStar session, this client was writing their CV and applying for jobs. And the energy had changed to an awareness that they deserved to be treated better than they had been, and it was time to move forward for themselves. They were appointed to the first job they applied for and started within 3 weeks of that session.

Another client has had marked improvements in health. This client has previously had trouble when swallowing food and an inability to eat solid food without suffering side effects ranging from gagging, severe reflux and even vomiting. There were improvement after the first session, but the second session has changed their life. They are taking it gently, but are now able to swallow and eat solid food without suffering any of the previous ill effects, and is able to enjoy meal times with their family again. Life changing for sure!

Last words about your healing modality...

Thank you for the opportunity to share part of my journey. BlueStar healing has been life changing for me, and if you are guided to experience it for yourself, then understand that it is the right modality for you too.

Some parting words recently channeled by a friend from Alsharon of the GodStar:

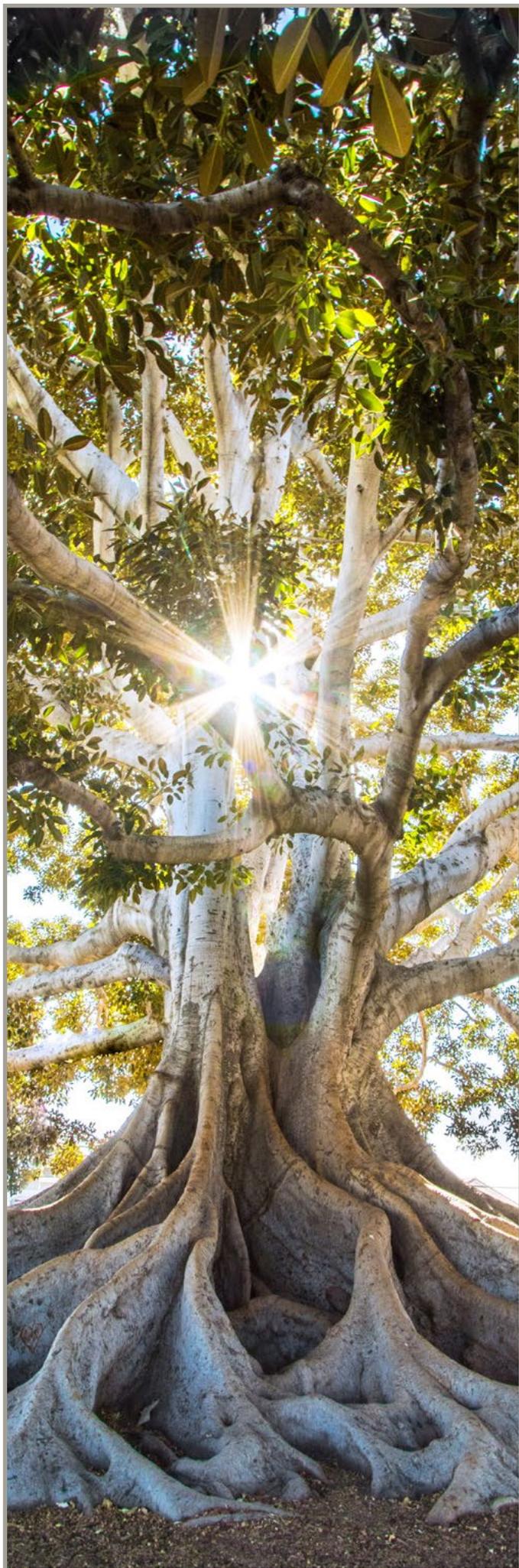
- * Follow your own heart and guidance
- * Trust your intuition and discernment
- * Trust and Faith in yourself, for yourself

Thank you.

Rena Bailey

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An Empowered Life

With Rose Aitken

WHAT TO DO WHEN YOU FEEL YOUR LIFE SUCKS. HOW TO GET UNSTUCK AND CREATE SOME POSITIVE MOMENTUM INSTEAD

I spent years in a state of self hatred, stuckness, feeling ill, vulnerable and in despair. I was depressed, anxious and felt hopeless and trapped. In the course of changing myself and getting to where I love my life, am consistently healthier and emotionally empowered, I learned a thing or two.

Here's six ways you can begin to get free and challenge the status quo.

1. Do something different

"You can't fix your problems with the same thinking that created them"

– Albert Einstein

If everything you've done/chosen/been in your life has got you to this point and you're not happy where you are at, if things aren't working for you and it's been that way (honestly) for ages, it's time to be different.

"Continuing to do the same thing whilst expecting a different result equals insanity"

– Albert Einstein.

It doesn't necessarily matter what you do differently to begin with, what's more important is that you make a change. Any direction gets you out of the stuckness and any change will yield some sort of feedback/momentum that allows you to re-evaluate and gain some traction.

I know when you're at this place, everything feels super significant and almost paralytically difficult. Just go forwards somehow, you can course correct later on.

2. Listen to the quiet voice within

Sometimes we are super stubborn and/or super lost. It's like nothing's working and that seems sudden because we are in it. The fact is, things haven't been working for ages, it's just that

you've had resistance to changing and life is re-directing you, hence why you can't go on in the same way any longer.

If all else fails, if you are alone, feeling rejected, maybe sick or broke too and things seem hopeless, it might be time to ask your higher self or your soul a few questions. I did that before I left an old destructive relationship. I asked my soul "Should I stay or go"? (I wanted to stay more than anything as I loved where I was, just not the situation).

My soul immediately answered "If you stay, you'll die". That single moment, gave me such clarity and awareness, I knew what I had to do. I'd tried analyzing my way out of what was broken, I tried blaming (myself and him), I tried fixing, avoiding, I had asked for help. I also took an opinion poll from all my friends and family. None of it worked, because I wasn't supposed to stay.

Some of us don't have healthy families, some of us don't have support systems. We live in a sick culture. We are frequently disconnected. When nothing is panning out, it's time to go within for our own answers. They are there, waiting for you to ask the questions.

The ultimate authority in your life, should be you (not the egoic, tired, day to day, human version of you – which we all have), the infinite, light, free and wise version of you, that knows what's in your best interests.

Sound crazy to do this? I can guarantee, it's not half as crazy as carrying on stuck and miserable. Sometimes what we resist most is what will set us free.

3. Get ruthlessly honest with you and make a decision to change, no matter what!

Have you got a habit of driving wonderful people to the brink of insanity – and out of your life? Are you always needy beyond what any one person can reasonably provide you? Are you difficult? Is your life a constant ode to disaster and chaos, (or are some aspects of your life constantly troublesome)? The common factor is YOU my friend.

Do you judge others constantly (and yourself also)? Are you perfectionist and correspondingly miserable? Do you feel like a fraud if you're successful and quickly bring yourself back down to mediocrity?

Are your intimate relationships co-dependent and destructive? Do your friends change constantly? Do you have trouble keeping some mental issues from intervening in your work? Are you depressed and anxious and what seems to 'fix it' for others doesn't work for you?

Is NOW the time to own it? So you can have an easier, happier, more peaceful existence?

Have your best efforts so far failed to keep you from mastering what isn't working for you? Are you constantly perplexed as to why life seems tough and other people (lots of them) respond to you why they do?

"Emotional self honesty gives us the key to self mastery and lays the groundwork for empowerment and personal freedom"

- Rose Aitken

Once you own it, you can change it. As much as we may think it's everyone else's fault or that we are the victim in our own existence, that is never true. You are in charge now and how that plays out is up to you.

4. Ask for help and guidance, reach out and be willing to receive whatever shows up

Reach out, trust you will be guided to someone wise and ask for help to find that person. Remain very open. Good things don't always show up the way we think they are going to, and we limit our receiving very much, by thinking that they do... Explore new modalities, methods, ideas and possibilities. If what you've been doing isn't working, it's time for something else.

5. Realize you control your thinking

Sometimes if we want to get well, beat that eating disorder or stop our self defeating behaviors, we need to stop being so reactive to things. If we want to start becoming emotionally strong and stable, we have to stop being neurotic, needy and negative.

What do I mean by this? Stop thinking everything someone says to you is a put down, because you put yourself down and you compare

yourself to them and find yourself lacking. That isn't the other person's fault and they probably have no idea how you feel.

Stop making yourself a victim to everything and everyone. Although life happens for you and not to you, life is also remarkably neutral. If you choose to think negatively, life will happily match you with people who do the same thing, confirming your past poor experiences and self beliefs.

If you consistently hold in place negative thoughts, you won't be a match for happy people. You will drive anyone awesome out of your life and wonder why what shows up is negative people, places and things. I frequently see good people confused about their struggles, whilst their inner self talk and habits are devastatingly destructive.

If you project your ill feelings of yourself onto others, stop it. What you are doing is a form of narcissism. It takes humility to go *"You know what, I'm sick of being messed up and making everything about me, I'm sure life has my back and I can put my head down and bravely get on with being the best me possible"*.

Guess what happens when we do that? Life will meet us there and rewards us amply for our courage, perseverance and honesty. And yes, this is scary and raw and we have to face up to our old stories and where we have limited ourselves. It's not half as scary as being permanently stuck, depressed and paralysed by your own crap.

6. Get a coach

An effective coach can counsel and help you dynamically change anything, whilst empowering you and helping with your mindset, to accomplish greater things, feel better and to get more out of life, no matter where we you are at. Including steering you through your deepest emotional challenges with skill and expertise, whilst holding a supportive space for you to make changes and leading you through them with kindness and compassion.

Rose

Rose Aitken

(Shortened version - full original version posted on the Roseaitken.com blog - date unknown)





Holistic Health

With Tracy Power

WHAT EXACTLY IS ANTI-AGEING MEDICINE?

If you've ever wondered what anti-ageing medicine is and how it can help you live a fuller, healthier and longer life, then this is for you!

Anti-Ageing Medicine is aimed at the early detection, prevention and treatment of age-related decline; it explores methods to slow ageing and promote wellness into older age.

We live in a society that values youth above all else and while we may seek aesthetic enhancements to help us look younger on the outside, with a raft of wonderful promises from surgery, lasers and injectables; none of these treatments will halt ageing on the inside.

Many skin conditions and lifestyle-related diseases can be eased by receiving a health assessment and following a guided personalised prescriptive protocol. This is an advanced form of functional medicine which focuses on locating and eliminating all causes of disease.

The skin is the largest organ in the body and is the outward mirror of a sign of imbalance inside the body. Tired, lacklustre skin, or the presence of acne, eczema, dermatitis and psoriasis can leave you feeling self-conscious, unhappy and fed up. No amount of creams, peels and magic potions can fix these skin conditions without addressing what is happening on the inside. Trust me, I have spent many years as a paramedical aesthetician and dealt with many cases. While topical solutions might help, they will never completely reverse these conditions.

Stress, poor gut health, toxicity, inflammation, glycation and food sensitivities all play a major role in skin conditions, disease and ageing.

The Key Pillars used to target anti-ageing, longevity and disease reversal are:

Exercise: We gain many health benefits from regular exercise that is aerobic in nature.

Diet and Nutrition: Scientists have found that what we eat and how much we eat influences how long and how well we live.

Relaxation: Stress is, unfortunately, a by-product of our way of life, and can affect how quickly we age and how good we feel.

Supplements: Taking good supplements is important to provide nutritional building blocks required by the body to function well, protect against free radical attacks and build strong immune systems.

Medication: Using a balanced approach to vitamins, mineral and hormone supplementation through testing and assessment to restore normal levels can be highly effective in this wellness model.

Inflammation: Reducing inflammation in the body is a direct way of reducing illness and promoting wellness.

Genetics: Genetic research and testing is a growing area seeing remarkable steps in predictive and preventable health care in individuals. Using Smart DNA genetic testing with full comprehensive blood testing and analysis of biochemical deficiencies and or excesses.

If you follow this way of life permanently and from an early age your life will be enriched. You will be taking steps to prevent many health-related conditions and live in wellness, always! It takes courage and commitment but the rewards are well worth the effort.

Tracy Power

Wellpower (Originally posted on May 19th 2018)





Sound Matters

With John Cohen-Du Four

PART 1

This is the first in a series of articles I will present about ways we can use sound and music for the betterment of our health and personal growth. (It might also, on occasion, give me a soapbox from which to toss out a few thought-bombs—sound off, if you like).

A bit of background noise

For a number of years I engaged in actively exploring sound. I researched anecdotal and scientific material from sound experts. I trained in a variety of sound procedures and disciplines. I assembled a wide collection of global musical instruments that gave me a rich sonic palette with which to enjoy and experiment.

This eventually led to my working in private practice as a sound therapist, as well as creating sound healing CDs and running workshops.

My intention in writing these pieces (*and I've had it drilled into me by many healers and teachers that intention is everything when it comes to manifesting change*) is to share with you some of the ideas and techniques I've found to be most useful and intriguing.

I invite you to approach this material with an open mind and willingness to explore. Some things may resonate with you (sorry! pun intended), some not so much, but trust me, there's truth here to be had. And fun! (Never underestimate the value of play.)

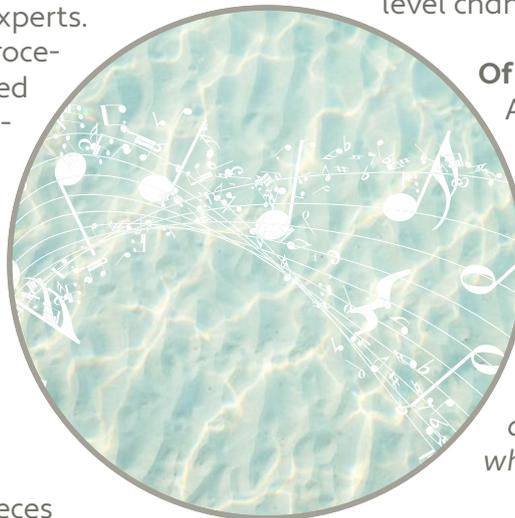
Sound has been around

Our earliest ancestors used sound and music as tools of transformation and healing. Indigenous peoples the world over still incorporate sound-work into their wellbeing practices.

The world's great creation myths tell us sound was the birth of the cosmos. It is, after all, a pro-

found force, a physical energy capable of creating movement out of stillness, shape and order out of chaos, even destruction.

From our earliest moment in the womb until our dying breath we are awash in sound. Its vibrations crash over us, ripple through us and connect us. Of all our senses hearing is the first to develop, and the one which most directly accesses our emotions, frees our mind, recalls our past, and touches our essence. Sound is also a supreme carrier of intention, manifesting multi level change.



Of sound mind

Albert Einstein, no intellectual slouch, once said:

"We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music."

It's true. Sound touches the essence of spirit, connecting us to the magic and mystery of life. And it can be a profound pathway to self love. I trust after you've tried some of the activities I'll be presenting (like the one next time), you'll find them ear-opening and helpful.

John Cohen-Du Four



Inspiring People

By Amanda Sears

VISHEN LAKHIANI

An entrepreneur, father, author, and activist on a mission to raise human consciousness. Vishen Lakhiani founded Mindvalley in 2003 with the goal of bringing together the world's top educators under one platform, to usher in a new era for humanity that is more empowered, connected, and collaborative than the status quo.

Vishen is changing the way we live and learn through his innovative ideas and progressive approach to knowledge. He is constantly traveling the world, interacting with brilliant minds and treating himself like a test subject all in the name of positive change and growth.

As with many people inspiring great change in the world, he has been through his own personal struggles and growth moments to understand the mindsets that don't work and to push him forwards into finding the solutions that do.

Vishen's book, The Code of the Extraordinary Mind is the Book of the Month AND the catalyst to this magazine's creation.

Born and raised in Malaysia, he says he was an awkward kid with poor eyesight, bad skin and Aspergers. He was educated through the government schooling system and remembers being taught 'facts' which were really just outdated models of reality he calls 'brules' or 'bulls**t rules'. His short, yet horrible experience of school was instrumental in shaping his biggest mission today: *to evolve education beyond the outdated models of the past, and envision a new system that empowers people to become the best versions of themselves.*

He did the safe and expected things, moving to America and studying computer engineering, even getting a coveted internship with Microsoft!

However, none of this sat right with him and he left Microsoft after 11 weeks to find his true calling which led to New York to further pursue an experience he had with a not-for-profit student exchange organisation that increased his fascination with connection and uniting the world.

At 24 and broke from working at the not-for-profit under the poverty line, he moved to Silicon Valley to try his hand at entrepreneurship and ended up losing everything when the 'dot-com bubble' burst. Leaving him renting a couch from a college kid and driving a car with faulty brakes.



Luck found him in a new job which was commission based with basically no pay if he didn't sell the product - which he barely survived until one night... "*depressed and feeling like a failure*" he searched Google for 'hope' discovered a class on meditation.

With meditation now a daily practice in his life, he became a top performer in his job and was promoted quickly to Director of Sales. He says he was using his "*mind in a unique and different way*" and wondered why this wasn't taught in schools.

With his life-changing experience of meditation, he registered a website in 2004 called Mindvalley to sell meditation CDs, *even developing his own meditation style.* He built it from the ground up, with many highs and lows, and Mindvalley is now a transformational global school with millions of students and followers all over the world!

"The Universe has a funny way of slapping you back onto your path when you ignore your destiny" - Vishen Lakhiani

Learn more about Vishen on his website:
www.vishen.com

(Photo Credit: Vishen Lakhiani Facebook)



Essential Oils

With Shelley Monrad

INTRODUCTION TO AROMATHERAPY

Aromatherapy is derived from two words: **Aroma** – meaning fragrance or smell and **Therapy** – meaning treatment. It is an art and a science, using essential oils to work on all levels – the mind body and spirit whilst taking into account a person’s lifestyle, diet and personality.

Aromatherapy was used by the most ancient civilisations, and widely thought to have originated in Egypt and reputed to be at least 6000 years old! A medical papyrus considered to date back to 1555BC contains remedies for all types of illnesses, and the methods of application are similar to the ones used in Aromatherapy and Herbal Medicine today.

What are Essential Oils:

Essential oils are extremely concentrated, very aromatic and evaporate readily. They have a consistency more like water, compared to carrier oils. They are extracted from plants mainly by distillation, a process requiring vast quantities of leaves, flowers or bark. The amount of essential oil in a plant is very; very little, eg. *2,000 pounds of rose petals are needed to produce the equivalent of one pound weight of rose oil!*

Aromatherapy oils come in 2 types, carrier and essential:

Essential oils are aromatic, highly volatile, concentrated and don’t leave oily marks on paper and are mainly obtained by steam and water distillation. They can have side effects if used incorrectly. Carrier oils are fatty/oily and vegetable based, obtained through cold pressing. They contain no smell, however do contain vitamins and minerals and carry essential oils into body.

Synergy: Essential Oils blended together (you can use many essential oils together).

Blend: Essential Oils blended with carrier oil.

WINTER RECOMMENDATION:

‘Thieves’ synergy

‘Thieves’ synergy (essential oils blended together) is reputed to date back to the 15th century during the lethal and highly infectious bubonic plague. The story goes that a group of French thieves who were robbing bodies of the sick and deceased were caught, and in exchange for a more lenient sentence shared how their herbal and essential oils knowledge had kept them safe and plague-free!



While we can’t say whether this is true or not, we can attest to the anti-bacterial, anti-viral, anti-infectious and immune-boosting properties of this gem, made with rosemary, clove, cinnamon, eucalyptus and lemon.

Use in a diffuser throughout Winter for a wonderful air anti-septic for the environment.

Ingredients & Their Benefits (In Summary):

Rosemary: Colds, flu, infections + liver, menstrual cramps, neuralgia, mental fatigue...

Clove: Colds, flu, minor infections + nausea, acne, colic, asthma, toothache...

Cinnamon: Chills, colds, flu, infectious diseases + digestive issues, stress, wasp stings...

Eucalyptus: Colds, fevers, flu, infectious illness + ulcers, muscle aches, headaches, asthma...

Lemon: Colds, flu, fever, infections + acne, obesity, asthma, boils, arthritis...

Shelley Monrad
Aromaflex

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



Helpful Herbs

With Mandy Haywood

AN INTRODUCTION TO HERBAL MEDICINE

“Look deep into Nature, and then you will understand everything better”

– Albert Einstein

Definition of herbal medicine:

1: the art or practice of using herbs and herbal preparations to maintain health and to prevent, alleviate, or cure disease

2: a plant or plant part or an extract or mixture of these used in herbal medicine

Herbal medicine is a holistic system of health care, based on the use of plants or plant extracts taken orally or applied to the skin. Since ancient times, the potent healing properties of herbs have been used by many cultures throughout the world to treat illness.

Herbal Medicine blends traditional knowledge with modern science to provide gentle, non-invasive and effective healing. Traditional Herbalism focuses on the treating underlying imbalance within the body, rather than treating the symptom alone. Herbs are used to raise vitality of the patient, enhancing the body’s own ability to fight infection, or to correct an imbalance without the side effects commonly experienced with pharmaceutical medication.

Many pharmaceutical drugs were originally derived from plant constituents. An example of this is the salicylic acid from the Meadowsweet plant, that was isolated to form Aspirin.

ROSEMARY – *rosmarinus officinalis*

“There’s rosemary, that’s for remembrance; pray, love, remember”

– William Shakespeare

Parts used: The leaves

History: Rosemary has been used since ancient times to stimulate the mind, memory and the senses. Historic records show that students in Greece wore sprigs of Rosemary in their hair while studying.

Ceremonially It was used for Remembrance. Brides wore it as a symbol of fidelity, to show that they would always remember their families. It was buried with the dead so that they would never be forgotten. The aromatic branches were hung and burned to fight infection, during rampant diseases like the plague.



Nutritional constituents:

Vitamin A, C, E.

Minerals: Calcium, iron, magnesium, potassium, phosphorus, sodium, zinc

Spiritual/cleansing benefits: Protection and purification, confidence and courage. It can be placed under the bed to keep nightmares away.

Astrology: Leo (July 23 to August 22; Ruled by the sun)

Traditional/Current Medicinal uses: Rosemary is a circulation stimulant which improves blood flow through the body and supports vitality in body tissues. It improves memory by increasing the circulation of blood to the brain and can also ease head-

aches and migraines.

Rosemary acts as a tonic to the nervous system and is uplifting to the spirit for mild depression and debility. It helps to support the heart and cardiovascular system.

Due to its bitter action, Rosemary stimulates bile flow which aids digestion of dietary fat. It protects liver cells against toxic damage and enhances liver detoxification. It helps to relieve flatulence and intestinal cramps and spasms.

Rosemary is a potent antioxidant and anti-microbial. Externally Rosemary can be used to ease nerve and muscular pain.

How to use:

- Rosemary essential oil can be used in a diffuser or oil burner for promoting mental clarity and to uplift the mood.
- You can also crush a sprig and inhale the goodness or make into a cup of tea by adding it to hot water.
- It is beneficial used topically to promote hair growth.
- Applied as a lotion or diluted essential oil it is an effective remedy for nerve pain and as a muscle relaxant.
- I love using a blend of Lavender and Rosemary essential oil for calming the nervous system but keeping the mind focused and alert
- Rosemary tincture can be prescribed by a qualified Medical Herbalist.

Culinary uses: Rosemary is used in cooking to preserve meats, and pairs especially well with Roast lamb, potatoes, salt, olive oil and garlic. It is often used for Italian and Mediterranean cooking. The fresh flowers can be added to salads.

Mandy Haywood

*Mandy Haywood Naturopath
& Medical Herbalist*





Crystal Healing

With Michelle Cotton

WHERE IT ALL BEGAN

I can talk about my love of crystals all day, however, to keep it brief it would be fair to say that as long as humans have existed as a species on earth, we have had an infinity with crystals and stones. The use of Talismans and amulets made with crystals dates back to the beginning of humanity.

Healing crystals are natural minerals formed deep within the earth under natural conditions, they possess the power to heal a person's physical, mental, emotional and psychological disorders. There are many different types of crystals available, each containing its own unique benefits and properties.

I believe that crystals energize and activate our Chakras. The human body has seven major Chakras. Our physical and mental health depends a lot on the synergy of these chakras. Crystals awaken the chakra and give it the assistance required to activate the energy in the chakra allowing for the vibration to get back into alignment for healing.

The oldest known amulets, in the form of bracelets and neck pieces are made of Baltic Amber and date back 30,000 years, Jet was also popular and discovered in Palaeolithic gravesites in Switzerland and Belgium. The oldest known mine on archaeological record is the Lion Cave in Swaziland (Africa), it was mined by Palaeolithic in the Stone age.

Interestingly amulets were banned by the Christian church in 355AD, but gemstones continued to play an important role throughout religion and beyond.

Fascinatingly The oldest crystal has been found in Australia and it's tiny. It has been confirmed to

date back to 4.4 billion years old, and is believed to have been created in the earth's crust after the earth was created, this crystal is called Zircon. It shows the intelligence of the Earth to provide us with all we need to heal ourselves.

The first historical references of the powerful uses of crystals is from the ancient Sumerians who included crystals in magic formulas, and it's well known that the ancient Egyptians used crystals in their jewellery for protection and health.

The ancient Greeks are recorded to have found several properties in crystals, and many names we use today are of Greek origin.

The word 'crystal' comes from the Greek word 'ice', as it was believed that clear quartz was water that had frozen so deeply that it would always remain solid.

In Europe from the 11th century during the Renaissance, several medical studies appeared praising the use of precious and semi-precious stones in the treatment of certain ailments. They became used alongside herbal remedies. There are also references to stones with qualities of strength and protection.

It's recorded that in 1232 Hubert de Burgh, the chief justiciar of Henry III, was accused of stealing a gem from the King's treasury which would make the wearer invincible and then giving it to Llewellyn, the King of Wales and Henry's enemy.

All Crystals have their own vibrations which provide the specific healing effects to the body.

Crystals have no ill effects and can be worn or used by anybody.

Rose Quartz Crystal

Legends and tales of love renewed, restored, and recharged by mythological figures who used the properties of Rose Quartz - Eros and Cupid, Aph-



rodite and Adonis. Even the Egyptians, Chinese and Tibetan cultures utilized this magical stone!

The Egyptians left healing Rose Quartz facial masks in the tombs with the sarcophagi of the Pharaohs. It is believed they used it to maintain a youthful, glowing skin and attract love. These cultures were in tune with the rhythms of the Earth and knew how to utilize the properties of Rose Quartz to evoke a specific intention.

For many people this is the first crystal they purchase or are given. Rose Quartz is the pink variety of the quartz family. Its abundance in the world shows its importance with humanity and our need for its powerful healing properties. The main sources of Rose Quartz come from Brazil, India, Madagascar, South Africa and the US.

Colour: Pale pink
Astrological Signs: Taurus, Libra
Vibration: Number 7
Chakras: Heart, High Heart, Throat

Cleansing and Energising:

It is important to cleanse and energise crystals regularly.

The easiest ways are:

Cleansing - Under the full moon or natural water

Charging - in the sunlight

It is important to note when cleansing or recharging that some crystals are light sensitive and will fade in the sun while others like selenite will dissolve in water.

Uses & Benefits:

Wearing crystals is one of the best ways to benefit from their healing properties. Wear on your body in any style of jewellery; necklace, bracelet, ring, in your pocket or even tucked in your bra.

Place it on a certain body part to ease discomfort, in your workplace or beside the bed while sleeping.

Rose Quartz is a stone of love, forgiveness, peace and truth. When allowing yourself time with this crystal it can lead you to understanding the nature of an open heart and learn that all can be healed while opening your heart to compassion for self and for others.

While Rose Quartz has a high energy, its vibe is

also calming and soothing. The soothing energy fosters empathy, reconciliation and forgiveness of others.

Rose Quartz can be used to purify and rejuvenate the body, raise self-esteem and improve circulation and heart strength in those with weakness or disease in their heart. It can lower stress and tension in the heart, and clear out anger, jealousy and resentment of others, allowing the healing of heart issues and dis-ease associated with holding onto such negative emotions.

Rose Quartz is also known as the first stone for male infertility and can be used to heal ailments of the thymus, heart, kidneys, adrenal glands and lungs and to balance the inner ear to reduce vertigo.



Place a piece of Rose Quartz crystal into water for bathing to soothe burns and blisters, or into your drink bottle or glass of water to allow the healing properties of this crystal to absorb into the water to heal you.

It can be used with all pets and animals safely. Place in their water dish or on their collar (*I placed Rose Quartz in my community fish tank for Harmony between the different species*)

Use to enhance positive affirmations and place it next to you while you meditate or practice yoga.

Supports skin regeneration and rejuvenation, and stimulates blood circulation in the tissues: *rub polished Rose Quartz on your skin daily for a fresher, younger and glowing appearance.*

As you can see, crystals have a long history and have been used by many people all over the world to treat various ailments and heal the mind, body and soul.

Next time you hold your crystal, see if you can feel the vibration...

Michelle Cotton
Pure Vibration



Art as Therapy

Colouring Pages

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

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





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





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

Animal Reiki Nelson

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

Healing with Renae

Finding Your Light Within

Health & Healing

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Balance in Buxton Square, Nelson, NZ

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

Natural Living

Health & Wellness

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

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Travel & Wellness

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Explore-Equip-Empower. Angela is a leading edge wealth empowerment coach, life coach, workshop facilitator, inspirational keynote speaker, and author. What she loves and what motivates her is seeing the improvements in the individuals she works with - moving forward, eager to be the best version of themselves.

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Lotus & Crow - Yoga with Kristin

Health & Wellbeing

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

Three Gems

Natural Skincare

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Nelson Saturday Market, Montgomery Square, Nelson, NZ

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Home & Garden

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

Pure Vibration

Health & Wellness

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

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

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THE
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