

Holistic Heart

Australian Holistic Healers & Counsellors Association
June 2012

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AHHA OFFICE BEARERS 2012

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TREASURER Stephanie Egan
SECRETARY / PUBLIC OFFICER Gayle Powell

GENERAL COMMITTEE MEMBERS

Stephanie Egan, Tim Fraser, Marilyn Marshall

EDUCATION / MEMBERSHIP COMMITTEE

Helen Bramley-Jackson, Stephanie Egan, Tim Fraser

WA representative Marilyn Marshall

Qld representative Tim Fraser

Administration Gayle Powell



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Phone conferencing will continue in 2012

General Meeting Dates 2012:

Quarterly Conference Call Meetings to be held the third Wednesday or Thursday of the quarter at 7:30pm. All committee and ordinary members who plan to attend must call in at 7:25pm.

August: Thursday 30th

November AGM: To be held at the Victoria Hotel Sunday the 25th.2012

General meeting

Welcome new members

No 444	Lynette Davies	Full Membership
No 399	Stephanie Fleeton	Upgrade to Full Membership
No 427	Claire Evans	Upgrade to Full Membership
No 445	Christine Sheradin	Full membership
No 446	Kate Mc Knight	Student
No 447	Nancy Clarisse	Student
No 448	Manami Yamaguchi	Full membership

Congratulations to these new members and those completing their studies



Understanding the Meaning of Your Life



Photographer: Para Kas © 2011

We all go through pain and sufferings in our lives, face grief, some of us even trauma and depression. Life is full of trials and tribulations and how we challenge life plays an important role as to how far we come in life. For it is these challenges that tests our strengths and strengthen our weaknesses, and more so forces us to stop, reflect and ask ourselves where are we now, and do we like what we are experiencing or feel, and where do we want to go in life from here? Some hiccups in our lives forces us to stop and look at our surrounding, and ourselves. We are forced to make a decision as to what we need to do to change if we wish to change but we cannot do it alone. We need the support of loved ones around us, guidance, and therapeutic modalities of some sort to make certain changes and to get us through the adversities of life.

Life is constantly presenting us with unexpected challenges. How we handle them is the key to our happiness and success. If we know the tools and strategies available to us, to resolve conflict, disperse anxiety and remove negative influences, we will be stronger mentally, emotionally and physically.

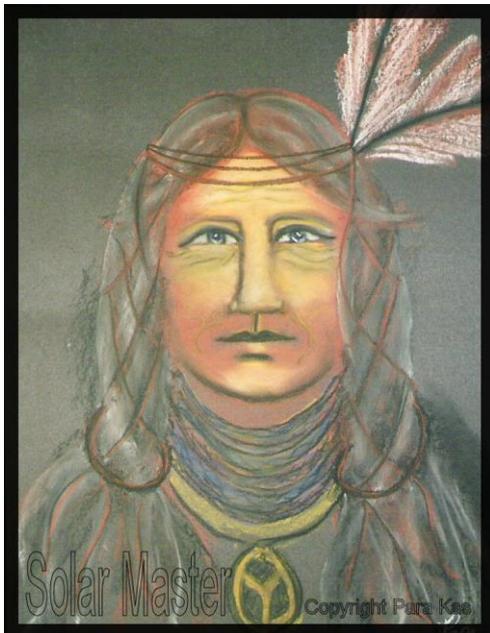
Regardless of how you overcome your pain and sufferings, the most amazing feeling is seeing the Lighteven seeing a glimpse of that Light as it brings us hope, and the realisation that things eventually do turn out ok or far better than we had anticipated..... It's all about faith. We even see little miracles happen before our eyes that allow us to believe that anything does become possible. When we are prepared to make considered and appropriate changes, we are in fact gaining a better understanding of ourselves and our relationships with others. We also notice altered feelings of wellbeing, which flow on to others.

It really takes a lot of encouragement, support and energy to be able to let go of the pain we have experienced in life, and to be able to look at the pain and not just the good experiences in life as positive attributes to becoming a



stronger person. *Our experiences are the 'raw materials' out of which we can shape our life. What we build with them is up to us.*

Sending you Love and Light in Abundance. Para Kas



“Listen to the waves beating gently against the shores. It is the Heavens above, it is I speaking to your vibration of your Heart and attending to your Soul’s needs that all is in fact possible; that which is for your Highest Good. Listen to the Rhythm of your Being Awakening to the Brilliance of Light formed before you. Radiating throughout All, permeating throughout all living cell, beyond space and time. Live in YOUR Truth. Wrap yourself and those around with Golden Love of Honour, Grace and Integrity, and embrace the Glory of the Divine creation within and beyond. Live life fully. Immense in its flame of such Depth such Meaning, and feeling the incredible esoteric Bless-fullness of the Gifts from Heaven and Earth, and all of Universal Flows. Amen” Higher Source Universe and Para Kas 31st October 2010

“We are All Truly unlimited, if we only dare to try and have Faith.” Sri Chinmoy

Para Kas

Spiritual Healer Photographer Writer Artist
www.angelichealingservices.com.au

Member of

Australian Psychics Association APA
Australian Holistic Healers and Counsellors Association AHCA
International Psychics Association IP



“Whatever the mind can conceive and believe, it can achieve.”

Napoleon Hill (1883-1970) American Motivational Author

“**Scientific Experiments have shown** that if we hook someone’s brain up to certain scans or computer technology and ask them to look at a particular object, certain areas of the brain light up. When asked to close their eyes and imagine that same object, it produced the same areas of the brain to light up as it did when they were actually looking at it. **The truth is that the brain does not know the difference between what it sees in it’s environment and what it remembers, because the same specific neural nets are on fire.**” Dr Joe Dispenza, What The Bleep Do We Know?

This research fits with what we know about the mind: **the unconscious mind cannot tell the difference between imagination and reality.** This is why if someone watches a horror movie, they have a physical response eg their heart pounds, they feel scared. This is because their unconscious mind thinks they are running through a dark forest being chased! Of course their *conscious* mind knows they are safe in their lounge room, however it is the unconscious mind which runs the body and controls stress (fight or flight) reactions.

To manage stressful events like presentations, exams or job interviews, do this thirty second exercise:

1. Take yourself out into your future and **imagine yourself at least one hour after the successful completion of the ‘happy outcome’ of an event.** (*Examples of a ‘happy outcome’ include seeing yourself at the end of a successful presentation, getting great exam results in the mail or being offered your dream job.*)

2. Check in to your body: Is the stress there or is it gone now?

3. Repeat several times if you need to until all the stress is gone.

Your unconscious mind will think that happy outcome has occurred and your body will respond in a positive way. It certainly beats worrying...and it allows you to control your performance in life.

By Carol Fox

Behavioural Change, Team Dynamics & Personal Effectiveness



Neurobics for your mind

Get your brain fizzing with energy. Researchers have coined the term 'neurobics' for tasks which activate the brain's own biochemical pathways and to bring new pathways online that can help to strengthen or preserve brain circuits.

Brush your teeth with your 'other' hand, take a new route to work or choose your clothes based on sense of touch rather than sight.

People with mental agility tend to have lower rates of Alzheimer's disease and age-related mental decline.



EVERYONE IS A SELF MADE PERSON ARE YOU CREATING WHAT "YOU" WANT?

David Kilese AHHCA

When opportunity knocks, are you prepared to open the door to change, or are you generally unaware of it, as you are in the back yard looking for four leaf clovers?

In all my years of teaching personal growth and self-development, I have found that the greatest handicap to people attaining what they want is not lack of ability but rather lack of application. Most people dream of better things but don't have the courage to "act" to make their dream a reality.

Self-development and vocational success, requires commitment and application, especially a determination to challenge the limiting beliefs that until now has trapped the person in mediocrity. To make a more fulfilling future, one requires a deep commitment to their desire plus a passionate conviction that they deserve it and will attain it. Only in this way will a dream become a reality.

In twenty four years of education and personal development, I have found that a number of people find the courage to inquire into a course of study that can change their life yet only a few actually commit themselves to it. To inquire, shows a desire



for growth and change yet so many allow self doubt to set in, so they retreat within the safety of self imposed limits and do nothing.

Others may build the courage to enroll and receive some of the material, yet don't do the evaluation requirements for fear of being found inadequate. I cannot speak for all institutions, yet in the Science of Life programs, we are not here to find what is wrong. We endeavor to foster what lies dormant in your potential and encourage you to develop it.

Some twenty or so years ago, I was hesitant about doing what I saw as a major challenge. I expressed my concerns to my spiritual teacher at that time, who said "without trying you have judged". In that case and ever since, I have applied this statement whenever contemplating a new challenge. I have found that in ninety five percent of cases I would have previously judged myself to not be up to the task, that in fact I was able to do it.

So often before, I failed to achieve because I did not even try; I was beaten before I even began. I found seldom did I lack ability, for I later discovered, that "what one wills to do, one can develop the ability to do", yet I judged myself inadequate. I learned my lesson and generally succeed at whatever I am determined to do, because I apply myself.

Everyone's greatest asset is their inherent potential. There has never been a marathon runner who has run a race by training in a lounge chair watching television. They achieved their goal by training and doing what they wanted to do.

"There is nothing training cannot do. Nothing is above it's reach. It can turn bad morals to good; it can destroy bad principles and recreate good ones; it can lift men to angelship." Mark Twain.

Even if you feel hesitant to study or to grow and change as you have not done so for so long, this is never a problem unless you believe it to be so. No one expects you to understand a new subject immediately. As we challenge the brain with new ideas and concepts, it develops it's ability to see things from a broader perspective. There can only ever be a problem if you fail to apply yourself, or fail to seek guidance, to ask why, how, etc.

The only difference between successful and non-successful people is the quality of the questions they ask themselves. Non-successful people ask themselves "how can I avoid this", "how can I do the least I can"; whereas successful people ask; "how can I improve my understanding", "how can I do this better", "what can this challenge teach me", "how can I help tap my potential" etc, etc...

You see, everyone CAN learn, they just have to be willing to not give into their previous limiting self talk; they must be willing to change all their no's into now. **'We can show you the how!'**



Whether you undertake one of our [courses](#), undertake self- study, or even another institutions courses, “do something.” Don’t become a person who in their twilight years says, “I should have done”; be a person who says, “I lived life to the fullest, I met the challenge and tapped my potential.”

You at this very moment are a self made person. You recreate yourself everyday by your thoughts, beliefs and actions. If you would rather be more confident, more assertive, more capable, more knowledgeable, to change your profession, to be more anything; then learn what is holding you back and the techniques and strategies that will create the future you want.

Some people may “appear” to be an overnight success, yet if you study their life closely you will find that they achieved, as a result of consistent daily application to the attainment of what they desired. They kept themselves motivated to follow a never- ending, forever expanding spiral of investigation and application of the principles and laws that govern successful pursuit of knowledge, self-fulfillment, and self-mastery, they remain free of the inertial forces which keep most people trapped in mediocrity and powerlessness.

“Mediocrity is self-inflicted; Genius is self-bestowed. The choice is yours.”
Walter Russell

Remember one phrase that will serve as a foundation for your life.

“If it’s to be, It’s up to me.”



VOICES FROM THE PAST

Last Century, there was a wonderful Musical called TIME performed in London. Included in it was a hologram of Sir Lawrence Olivier playing the Lord Akash and his Speech – called Time - has echoes of eternal wisdom that still resonate today. Sir Lawrence Oliver had one of the most wonderful voices of the 20th century and he could create the right resonance , vibration and timing that could give you goosebumps

TIME

**Stand before me on the sign of infinity, all you of the earth.
With the granting of the law of provination comes the application of change.**

I will give you the key and with this knowledge, please realise comes the responsibility of sharing it. I will show you the way. It's very simple.

Throughout the Universe there is order. In the movement of the planets, in nature and in the functioning of the human mind. A mind that is in its natural state of order is in harmony with the universe and such a mind is timeless.

Your life is an expression of your mind. You are a creator of your own universe. For a human being you are free to will whatever state of being you desire through the use of your thoughts and words.

There is great power there. It can be a blessing or a curse.

It is entirely up to you for the quality of your life is brought about by the quality of your thinking – think about that.

Thoughts produce action – look at what you are thinking. See the pettiness and the envy and the greed and the fear and all the other attributes that cause you pain and discomfort.

**Realise that the one thing that you have absolute control over is your attitude.
See the effect that it has on those around you.**

For each life is linked to all life and your words carry with them chain reactions like a stone that is thrown into a pond.

If your thinking is in order, your words will flow directly from the heart, creating ripples of love.

If you truly want to change your world, my friends, you must change your thinking.

Reason is your greatest tool. It creates an atmosphere of understanding which leads to caring which is love.

**Choose your words with care.
Go forth with love.**