



Holistic Heart

Heal Self—Heal Others

November 2006

Australian Holistic Healers Association



www.ahha.org.au

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AGM in Melbourne

AHHA members are urged to make time to attend this year's AGM, on **Sunday 12 November 2006** in Melbourne. This will be a great chance to meet with fellow holistic healers and discuss issues with your new Committee. The AGM will take place at 861 High Street Road, Glen Waverley, the location of Livwell Holistic Healing. Members will arrive at 11.00am for the formal part of the AGM and then be invited to stay for a light lunch and refreshments.

New Developments

Members will learn of the developments over the last year and the new President, Hansie Jaensch will outline his vision for the future. This will include website development, incorporating links to Members' sites. In-coming Secretary Nikki Staley has already made a great start on the AHHA website, where you can already access important information about the AHHA, including Members' profiles, as well as this newsletter and past newsletters.

Questionnaire Responses

Members of the AHHA, through their responses to the Questionnaire sent out in July/August, have indicated their desire for greater networking opportunities, to be able to refer clients to other members of the AHHA and to receive greater marketing support for their businesses. These issues will be addressed by the new President.

Changes in Government Regulations

As well, the President will outline his vision for positioning Members to be ready for future changes to the government accreditation requirements for Traditional Natural Health Practitioners and changes being brought about by the American Free Trade Agreement.

Note: Nominations for the Office Bearers of the AHHA closed on 16 October 2006. Only one nomination was received for President of the AHHA (Hansie Jaensch) one nomination for Secretary (Nikki Staley) and one nomination for the Committee (Chris Kinnison).

For catering purposes, Members are asked to **RSVP** to In-coming President, Hansie Jaensch at Livwell Holistic Healing on **8502 0669** by **Wednesday 8 November 2006**.



Chris pictured here with her chart of bush flowers

Introducing: Chris Kinnison

Chris Kinnison lives in Stony Creek, South Gippsland in a timber two-storey house with her husband Rick, her beautiful chestnut horse Starlight and blue heeler dog Susie. From this vantage point she manages her business, Aquamount Essences. The rainbow over the gate announces 'Rainbow Park' the place of eternal optimism, tied to the philosophy, that 'you can't sink a rainbow', of Rainbow Warrior fame.

Chris likens the bush essences, with which she works, as 'little nature spirits,' guardian angels for each and every living thing. There are 69 essences from which to choose.

EDITORIAL

The theme for this newsletter of the AHHA is 'Joining Together.' We have been through the Margaret Thatcher experience of 'individualism' and it hasn't worked. Single parents, trying to earn a living, keeping a family and household together, will tell you an extra pair of hands eases the burden and gives them 'time out' for themselves. Similarly, organisations, such as the AHHA, cannot rely on a few people to do the work. Jobs need to be shared, people need support and small organisations need to flourish so that there is a general feeling of well-being and moving forward. Given the mandate to forge ahead with networking and regional meetings, the new office bearers, to be installed at the AGM on the 12th November 2006, have a big job ahead of them. Incoming President, Hansie Jaensch, has written about his vision for the AHHA on Page 3 and Nikki Staley, the incoming Secretary, has urged Members to start the process of 'joining together' by coming along, well armed with networking material to the AGM at 11.00am on the 12th November 2006. A light lunch will be served, so people can take time to meet each other and start the process of joining together.

Editor: Marilyn Jacksch

admin@livwellbiz.com

Chris Kinnison, cont'd from page 1



Alpine Mint Bush

One of her favourite bush flower essences is the 'Alpine Mint Bush' because, 'as healers we all need to take care of ourselves and this essence is for those who have an over-concern for the welfare of others, preventing burn-out for not only healers, but parents, teachers, nurses and care givers in general.

Chris quotes from Marie Mathews' book, 'Beyond Form' which describes the energy print of the Alpine Mint Bush as that of 'a gushing white waterfall, with blue, aquamarine and pink surrounded by mauve, shot with dark blue.' Its purpose is to provide enthusiasm, to believe that anything is possible.



Each essence has an emotional, physical and spiritual healing effect. Individual clients choose which aspect they wish to work on. Usually a combination of 7 essences are used, with 7 drops taken morning and night – resonating with the '7' vibration. Chris chose to work with the Australian Bush Flower Essences, because they were the ones that 'resonated with the 7 colours of the rainbow.'

Because she has a number of allergies to chemicals, air-conditioning, electrical devices and medications, Chris has always been keen to explore the natural remedies available. She has always had an affinity with nature and animals. This is immediately apparent, as the picture on the left shows. Here Chris, husband Rick are pictured with their beautiful horse Starlight, when Hansie Jaensch, Acting President and Marilyn Jacksch, Editor, took time out to visit Aquamount Essences in October 2006.

Visiting other holistic practitioners is considered an important part of networking by the new committee of the AHHA. Based on the results from the AHHA July questionnaire, practitioners will be encouraged to make contact with their regional members to start talking to each other and making referrals. Chris can be called on 0427 640 135.

FROM THE PRESIDENTS DESK

How time flies when you're busy! It is now three months since I was asked to take on the AHHA Presidency after the surprise resignation of Diane Collett. I would like to take the opportunity, on behalf of the AHHA and its members, to extend our heartfelt gratitude to Diane for her work and support of the AHHA.

A very big **Thank You** must also be extended to a number of other members. Thank you to Marilyn Marshall, our new AHHA Administrator, for sorting out and streamlining many of our procedures. Those members, who are computer literate, will have recognized the changes taking place with the AHHA website. For this we thank Nikki Staley, who is investing a lot of her precious time and effort in developing the new AHHA website. Also to Marilyn Jacksch, Editor of the AHHA Newsletter and to Mark Brown and Helen Bramley-Jackson, who are currently finalizing definitions for modalities, which the AHHA will accept and accredit (more about that in time). Mark and I are currently giving our Constitution a much-needed overhaul, with regard to the AHHA "Statement of Purpose"

Much has happened in a relatively short period of time. We have received very good feed back to our questionnaire and the new Committee will strive to implement the directives our members have given us. Indeed, I see the answers we received as a mandate to develop a forward plan for the future of the AHHA.

One of my visions for the AHHA is for greater member participation. We are a national peak body and since Australia is a big country, I strongly believe it is time to create regional sub-committees to support local members and their needs. Not only would this help with net-working (a firmly expressed members' wish), but it will also allow for a stronger regional voice in AHHA future policy-making. To make this possible, I urge interested members to get in contact with and meet with other members in their own area. Details of members' locations are being compiled for this purpose.



Quoting AHHA President, Hansie Jaensch, talking on Casey Radio 97.7FM on Tuesday's Holistic Healing Hour: *'It is very well to look after one's own health, but it is all for nought, if we don't look after our planet.'*

There is a possibility for five regional committees, in Victoria, alone. The Dalesford /Woodend area would make a perfect hub for a Central Victorian Region; Christine Kinnison in South Gippsland has expressed her readiness to organize the South Victorian Region; members in Bendigo are in a perfect position to organize the North Victorian Region and members situated in the Eastern and Western Victorian Regions may want to organize themselves to form regional sub-committees in their own area. I am prepared to offer our Glen Waverley premises as a meeting place for a Metropolitan Regional Sub-committee, although it will be led by a member other than myself to avoid a conflict of interest.

Ideally sub-regional meetings would rotate amongst members willing to open their premises for these gatherings. It would certainly help the networking between AHHA members. Other States, with fewer members, may start with a state-wide Sub-committee and meet via computer or telephone link-up.

The best time for Regional meetings would be in between the quarterly AHHA Board Meetings held at the national AHHA office in Woodend. Elected Regional delegates would then be able to represent their local Region at the National Board meetings in Woodend, either physically or by link-up.

In closing, I would like to make a strong appeal to all AHHA members to get involved on local and national levels; your own professional future may depend on it. Together, we can build a strong support base, an AHHA to which our members can be proud to belong. Wherever you find like-minded health professionals, tell them about the AHHA and get them to join.

Most of all - be in it. I personally encourage every member, but especially those from country and Inter-state areas, to join the national AHHA committee – we aim to provide link-ups to facilitate communication. For those who live close to Melbourne, you owe it to yourself to attend the AGM and to put your enthusiasm and energy behind the new incoming committee.

Hansie Jaensch, President AHHA

Meditation

JOINING TOGETHER

- Find a comfortable place to sit or lie with your spine straight.
- Close your eyes and take a couple of long, slow, deep breaths
- Take your awareness to your body and become aware of the parts of your body that are holding tension or that are sore or stiff.
- Consciously bring your awareness to those areas one by one, and maintain your focus and love there. Feel these areas soften in your mind, feel them give in and open. Do this for as long as you need to.
- Bring your awareness to your whole body now and become aware of your whole self, sitting or lying there.
- Become aware of your *physical* body, the vehicle that houses you through this life. Just be aware of how your body is feeling, be thankful for it.
- Become aware of your mind, any thoughts that are floating in and out of your mind. What sort of thoughts are you holding today? Positive ones? Worrying ones? Neutral thoughts?
- And your emotions....what are you feeling inside? Allow yourself to name a couple or more, predominant feelings that are there today. They may be contradictory feelings – and that's ok too; just acknowledge them.
- Next, bring your focus to your spiritual self. You might like to visualise this as a source of light somewhere in your body. Focus your intent on connecting and touching this source of light until you feel it there within you.
- As you open this light within you, use your breath to expand it out, so that it fills your whole body and flows out into your auric field.
- Imagine this light source is glowing brightly through your entire being.
- Now allow this light source to wrap itself around you, like a pair of wings, cuddling and enveloping your whole energy. As it does so, become aware of your emotional self, absorbing this light and responding, as the light seeps in. What response is there in your emotions? In turn allow your thoughts to also become enveloped by this spiritual field of light, as it washes over your thoughts; notice any changes in your mind. And again, allow the light to sink deeply into your physical body, rejuvenating and healing the body, bringing love, peace and health through all of you. Notice how your body feels in this process.
- Take as much time as you need, to bring this light source into your emotional, mental and physical aspects and feel the 'joining together' of all your aspects within this healing light.
- When you are done, just take your time, grounding and returning your awareness to the noises, smells, and sensations of being fully present in the space you started.
- You may like to journal your experience or just enjoy this sense of wholeness.

Enjoy! Love from Lisa Dell' Arciprete
Principal Australian Centre for Holistic Studies
www.holisticstudies.com.au

Cleanse your body, mind and spirit with yoga

Pia Andersen, Yoga Teacher, writes:

In 1994 I joined my first yoga class. I still remember it quite clearly. Although looking so much forward to it, I found my body to be very stiff and I ached all over. My emotional body was quite out of balance, as I suffered from depression. My thoughts were therefore very scattered and my self esteem was non-existent. Yoga means "Unity" between the physical, emotional and mental body, and that is exactly what I needed. I recall feeling quite frustrated, not being able to sit comfortably in the cross-legged position, my back was sore and I could not sit upright for a long period of time, without feeling pain across my lower back. My body was full of "samskaras", (the indian sanskrit word for toxins), purely from my mental state. I was not eating properly either. I remember thinking, " If no-one cares, why should I?" After my first class, I remember feeling really relaxed, especially after Yoga Nidra (deep relaxation), and my inner awareness told me I was on to something that would gradually change my life for the better.

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Networking for your Business

To be in the spirit of the theme of this newsletter “**joining together**”, it seemed appropriate to talk about networking and how it can be a really valuable tool to increase your client base and business sales. The Health Industry is one of the largest growing industries in the world and the way to take advantage of this fast, growing market is by working together to help AHHA members grow and evolve.

From our questionnaire sent out in August, it seemed that most members were looking for opportunities to network their business through the AHHA. I would recommend that you **attend the next AGM** (Sunday, 12th November at Livwell Pty Ltd) as it is an obvious opportunity to network with like-minded people and also generate more business for yourself.

Bring along business cards and pamphlets as you will need to hand them out. With the increasing amount of members yearly, AHHA is a perfect forum to meet like-minded people and share ideas of how you have either built up your business or if you are just starting out, learn from the veterans of the business.

You can also learn ways of overcoming difficulties with people who have actually overcome the same problems themselves. Gain free advertising and/or publicity through advertising your business with a co-AHHA member. Help each other out. Refer business to one another. You might own a Holistic Counselling business and often have clients ask if you know of a good Masseur or Naturopath. You could then refer your clients to other businesses that you have an agreement with. **Attach a special offer when referring business to a co-AHHA member -10% discount etc.**

Also you can join a networking group, there are lots around. The Victorian Employers’ Chamber of Commerce and Industry have a great networking group. Go to www.vecci.org.au and click on Networking Events. Usually your local council will hold networking meetings to promote growth in that area and at a minimal cost. Call you local council office and find out if they do.

If you don’t receive your invitation to the AGM by end of October, please register your interest to attend by either sending an email to admin@ahha.org.au or phone Marilyn on (03) 5427 4604. Pencil this in your diaries now and **create your business to success!**

Nikki Staley

Holistic Counsellor, Staley Holistic Counselling (www.staleyholisticcounselling.com)
Head of Marketing, AHHA

Cont’d

Cleanse your body, mind and spirit with yoga

The yoga asanas slowly release the tension in the joints and muscles, when practiced regularly, such as once a week. The participant will experience a deeper awareness of the Self over time. This awareness usually begins with the physical body feeling more loose and free, experiencing more flexibility and moves into the emotional and mental body where the benefits might be observing more clarity, greater focus, balance, peacefulness and harmony, to name just a few. It is highly recommended to drink 8 glasses of clean water every day to cleanse the body. It is advisable to eat healthily, with fruit and vegetables incorporated into a varied diet. It is not necessary to become a vegetarian, but always be mindful of the food intake and eat in moderation. The yogis suggest not over-eating so you have a feeling of laziness and heaviness in the body. It is also recommended to go to a yoga class on an empty stomach. Perhaps eat some fruit and crackers 2 hours before the class, but never eat a heavy meal. The energy will be greatly reduced, as the body needs plenty of energy to digest the food and the breathing will also be very shallow.

When commencing a yoga class for the first time, be patient with the result. I generally recommend the students give themselves three months for the body and mind to adjust.

Yoga is not a cure for any illness - physical or emotional, but an absolutely beautiful method to deal with life's challenges.

Pia Andersen
Yoga Teacher

Film Review

An Inconvenient Truth

Al Gore, once touted as the next President of the United States, has been on a life-long mission to raise people's awareness of the threat of global warming. So intent was he, in raising people's consciousness to the increase of carbon dioxide in the Earth's atmosphere, he hired a cherry-picker to raise him up to demonstrate the current level of CO2 on the wall chart.

Not many people would have been aware that this giant of a man has been touring the world, making over 1,000 presentations to audiences, using flip charts, film clips, graphic predictions and a 'whole bunch' of statistics to convince people that everyone has a problem – and it is everyone's problem!

Whether or not you like statistics, here are some: In 50 years time, if we keep going the way we are, the ice caps in the Arctic and Antarctica will have melted; Greenland's ice will be gone, the glaciers around the world are disappearing; polar bears are in trouble because of the disappearance of feeding grounds.

Whole slabs of land in northern Europe, the Ganges delta in Bangladesh, the area around China's Shanghai, New York's Twin Towers' commemoration site will be under water and 60 – 120 million people will be homeless. Add to that the increase in storm and cyclone activity as the oceans warm up and you can see we're in for a rough ride.

The biggest culprit in this total disregard for the global environment is not China, as you might suspect – although the awakening giant is starting to add to the problem – it is Al Gore's own country, the United States of America, which is responsible for about half of the world's carbon dioxide emissions.

(Australia emits the most carbon-dioxide *per capita* of any industrialised country in the world.)

And yet, the news is not all bad – Al Gore does hold out hope if his message starts to get through. There are positive ways to reduce carbon dioxide emissions – take the reliance on coal as a fuel, or at least, capturing the toxic emissions and treating them before they are released to the atmosphere. Bring back the electric car or its equivalent, use solar and wind power as alternative energy sources.

Make changes in your own life-styles, if you haven't started already. Continue with your recycling efforts, change to low energy light bulbs, plant trees, walk instead of using the car, wherever possible, use the park & ride facility and take the train or bus. Talk to people, particularly policy-makers, whenever you have the chance, discuss your efforts with your family to plan more ways of reducing your own contributions to global warming.

We have seen the huge amount of money going out to farmers in recent times for drought relief. Imagine if this is just the beginning – there are predictions that the top half of Australia will receive more rainfall, while the lower half will become increasingly drought-stricken. How do we plan for this? Rain-water tanks for the southerners? Re-using water from washing machines and showers? Maybe we need to contact our Local Councils to see the safest way to do this. Most of all we just need to make a start. Let us know what you are doing towards saving the environment. Contact: The Editor, PO Box 516 Glen Waverley, Vic 3150 or email: admin@livwellbiz.com



AHHA General Meeting

13th August 2006

Westpac Bank Building 11/ 75 High St Woodend

Meeting commenced 10.00am

Members Present: (7)

Apologies: (5)

Summary

A very busy meeting with lots of discussion and thought provoking ideas presented. Some of these were:

- The development of a Statement of Purpose for the organisation giving direction for future years
- Defining the roles and responsibilities of the Executive Committee in accordance with the rules of the Constitution
- Membership requirements: A full member is to have indemnity insurance in order to practise professionally. This applies to student members who wish to upgrade to full membership.
- Internet banking is now available for AHHA business
- The Location Guide is to be placed on the AHHA website
- Website to be updated
- Excellent response to the questionnaire, some results still to be collated. In general there was great interest in networking, regional meetings, marketing, referrals between practitioners, the future of complementary /alternate therapies, learning more about other therapies used by practitioners in AHHA, profiles of Practitioners, business tips, articles of encouragement.

- More activity in the organisation, how to include interstate members
- Excellent response to the newsletter as a means of communication.

AGM November

All positions will be declared vacant, nominations are called for.

Voting forms included in newsletter, should there be a need to hold an election.

Motions to be put at AGM

That election of office bearers for a period of two years be commenced after AGM Nov 2006

Membership fees increased at AGM to Full Member \$90.00 annually. Other fees to remain the same.

Moved Marilyn Marshall,
seconded Hansie Jaensch.
Carried

**Financial Report: Bank Balance as at 31
July 2006: \$5584.17**

Welcome to new members:

294 Prue Larkin	Diploma Complimentary Therapies
295 Mary Pascoe	Diploma Holistic Counselling Reiki 1&2
296 Tracy Mook	Diploma Holistic Counselling Massage
	Reiki Therapist
298 Paula Maidment	Diploma Holistic Counselling Reiki/ Seichim Master. Aromatherapy massage
	Counsellor, Hypnotherapy psychotherapy massage therapist,
299 Antonia Diaz-Ruhl	Dip Holistic Healing, Massage Therapist
	Holistic Healer,
300 Christine Bartram	Yoga teacher, Wholistic therapist
301 Christine Dudley	Holistic Living Counsellor, Aromatherapist
302 Kerrie Wilson	
303 Leeanne Hughes	
304 Marilyn Marshall	
305 Veronica Marshall	

Diane Collett has been unable to complete her term as President due to ill health

Our thanks to Diane for the contribution she has made to AHHA.

Hansie Jaensch, as Vice President, will take office until the AGM

**Australian Holistic
Healers Association**



President: Hansie Jaensch
Secretary: Helen Bramley-Jackson
Treasurer: Mark Brown

11/75 High Street
Woodend Vic 3442
Phone: 5470 5566
www.ahha.org.au

Next Meeting: Annual General Meeting
Sunday November 12th at 11-00am
Light lunch & General Meeting to follow
Venue: Livwell Clinic Glen Waverley,
861 High Street Road, Glen Waverley
RSVP: 8th November Ph: (03) 8502 0669

Good Neighbours

Good neighbours help to build community: A neighbourhood community gives a person a sense of belonging and having someone to turn to when in need.

How to start building a neighbourhood community: Start by getting to know those who live beside you, then across from you and also behind you. Make the effort to go across to someone to introduce yourself. Perhaps as you get to know your immediate neighbours you may jointly have an outdoor tea party or BBQ and invite the neighbours in your street, or a portion of your street.

Discuss matters of concern within the neighbourhood with your neighbours. Try to always approach a neighbour if there is a problem – like a barking dog – before making a complaint with the appropriate authority.

Good neighbours will help watch over your place when you are away. They will be able to recognise what may be suspicious activity in the neighbourhood because they are familiar with the day-to-day patterns of the neighbourhood.

A poet named Robert Frost wrote a poem about neighbours and fences. He was not convinced that good fences made good neighbours. Fences are OK as long as you can lean on them while you chat with your neighbour.

Taken from Neighbourhood Watch News

This extract is about networking and 'joining together' – the theme of this newsletter. Substitute for the word 'neighbour' and put in the words fellow AHHA Holistic Practitioner – where appropriate and that's the message we're trying to convey in this edition of the AHHA newsletter.