



# **February March Informer**

**Your newsletter**

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***Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.***

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***The secretary is Helen Bramley-Jackson  
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***Administration officer  
Is Karen Howard  
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admin@ahhca.org***

# Thank you

I would like to wish everyone a happy and healthy new year

## **Vice President**

Viesha has retired from this role to focus on her business and I wish her all the very best for the future and a **big thank you** for all that she has done over this past year.

On behalf of the committee I would like to welcome Diane Collet to the role of Vice President and Education committee.

## **Treasurer**

On Behalf of the committee I would like to welcome Belinda Harber to this role and would like to thank Stephanie Egan for her contribution on committee for a number of years.

## Supporting



# AHHCA WELCOMES OUR NEW COMMITTEE MEMBERS

## Diane Collett - Vice President

Member since 2003 and a past member of the committee.

I live in Mitcham with my husband and beautiful dog Sally, we are lucky enough to live in suburbs but with bush surrounding us. I love sitting on my deck meditating hearing the wind through the trees,

Bird all around and then the occasional lawn mower.

My Business is Angelic Presence where I love to inspire and help others to find their authentic self. Whether through becoming meditation teachers, learning to meditate & relax, doing a workshop or my esteem mentoring modules that use a range of tools that I have picked up over my journey. Being a Transpersonal Art Therapist & Holistic Counsellor are among many feathers in my cap and also

the highs and lows of my own life. I focus this on inspiring and guiding my clients towards achieving their goals, by helping/guiding them to see their authentic self and believing.

I love connecting with others-friend, family, clients & students and seeing them achieve a goal, doesn't matter if big or small, all goals are to be celebrated.

I have my mantra which I now have tattooed on my wrists, one is I AM the other is I CHOOSE, these remind me daily that I am in control of what I choose to do every moment of my day.



## Belinda Harber - treasurer

Belinda Harber is our new treasurer and looks forward to serving the members of AHHCA. An intuitive accountant operating her accounting practice, Angelic Accounting, she has postgraduate qualifications as a Chartered Accountant, Certified Practising Accountant, and a Masters of Business Administration. Her holistic qualifications include Ascension Reiki, Angel Therapy Practitioner® and Bachelor of Nursing, and she is also a keen student of A Course in Miracles.

Her typical clients are derived from the Wellness industry and Arts businesses because she is passionate about propelling these essential services to the forefront of public awareness. Clients come to her with debt burdens, multiple years tax outstanding, and administrative chaos, and she works very closely with them to provide tailored and hands-on Abundance Consulting, Business Advisory and Tax Accounting to gently move them from

financial mess to magic.

Working closely with spirit, she utilises metaphysical principles, and in particular the Universal Laws of Abundance, Love, Forgiveness, Belief, Cause and Effect, and Detachment, to assist her clients in creating prosperity and success. For those clients willing to do the work on themselves, specific meditation and debt elimination programs are provided as she believes that change must first take place in the mind and be followed with right action.

Please feel free to contact Belinda on [0438 302 639](tel:0438302639) if you have any queries in relation to her practise.



*Our committee members use phone conferencing for our committee meetings, it is not necessary to attend woodend for meetings.*

# Integrated Medicine by Tim Fraser

I have always been of the opinion that we should make use of both conventional and complementary medicine when the occasion demands it.

I have a story to tell, I noticed Dr Ross Walker on the Today Show and he was advocating that anybody over 50 that



has had parents or other close members with a history of heart problems should go and get a coronary calcium score. I knew my father had heart problems so I duly got this done mind you I had to encourage my GP into allowing to get this scan done.

In less than two hours after this scan was done the radiologist had got onto the doctor to say he had detected a Tumour on the Thymus Gland and that they wanted to do another scan with contrast to verify their findings, which was confirmed.

Within two weeks I saw the surgeon Dr Morgan Windsor who expanded on the procedure that he was going you in addition to what my GP had advised me. He explained if it was left it could turn nasty and would affect the blood supply to the arm and may impact on either the left or the right lung. It is important to have as much information as possible before decision like this are made and I decided that as the surgery is very invasive in that the sternum needed to be cut and wired up again I knew in my heart that I had to get this done as soon as I could and I also knew that my brother would have to come

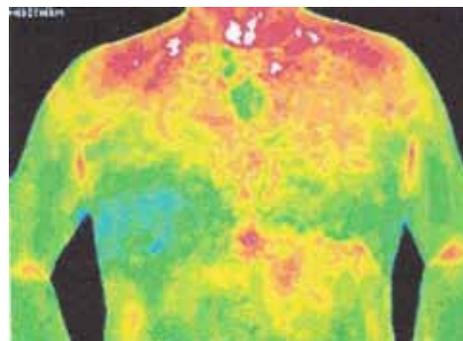
out from New Zealand to be with my mother as I would be in hospital for a week and would be able to lift anything or drive for up to six weeks.

As you can imagine this really knocked me around but thankfully I had a good network of healer friends around me to help me through the patch till my operation.



I got a fellow member Kerry Talbot to give regular healing to ensure that the tumour got no worse and I also contacted Kathy a healer from New Zealand to some absent healing at the same time.

Since I already had the diagnosis of a Tumour from the cat scan X-ray, I thought that, I would get digital thermal photo image and report done to supplement the original diagnosis to find out which areas of the body were hot and cold and could indicate problem areas in the energy field, this could be used as guide to seek medical advice or take



life style changes. In this case I was more concerned to see what the energies were doing around the Thymus gland. The report I received from Dr Matt Sullivan confirmed a Thymic gland dysfunction and the

tumour was likely to be benign this would only be confirmed by a biopsy.

A few Day prior to my surgery I contacted Dan Benor to do a session with the WHEEL TAPPING technique to



ease my fears with the surgery and to minimise the use of pain killers where I could by talking to my body to say it was allowed to have some but not huge amounts apart from the time I was in hospital where I had pain killers much of the time I have not really needed to take that many.

When the surgeon came around I informed him that I wanted permission to be able to use reiki healers and he said by all means you can if it is going to ease the pain and speed recovery I have no objection. I was not expecting that reply.

It was difficult to organise a person to come to the Prince Charles hospital as it was an hour and a half away from most of the healers I work with but was getting absent healing all the time. I did have some complications my water works stopped so I ended up with a catheter for two weeks I got mum to contract Kathy from New Zealand ( Magnetic Healers unlimited) to do some



absent healing and advised that there was an energy blockage in the water work area which she had to work hard

on releasing so by the time the catheter was removed the water works kicked in again. During my stay in hospital I used Ian Whites Emergency Bush Flower Essence for the shock that my body had.



Either side of the scar I applied Arnica to move the bruising quickly. I also used medical ozone over the scar to promote healing in the first week home also on the second week home I used Hydrogen peroxide

As soon as I got back home I started on Tumeric, which is a herbal pain killer to ease the pain. I have not needed to use as much Endone or Tramadol which means no constipation.

I also got started on Boron to assist with the mending of the bone.

Applied the Bioptron colours primarily Blue for pain and

bruising yellow for nerves issues and because I had not seen the sun for a week a little bit of red to kick start the energies and a little bit of green for general healing and balance.



Either side of the scar I applied Arnica to move the bruising quickly.

On my back I used electrical stimulation pads as my back was so tense from lying down in one spot all the time and got my mother to do some healing touch on my back to ease the pain also.

I got out into the sun and walked short distances as frequently as I could but it was quite hot so had to do this early in the morning and late in the evening.

I am sure that the healing, I have received with the use of herbs and colour has assisted in my recovery without the use of heavy duty pain killers and side effects of these.

One thing that did strike home to me is that we as healers demonstrate greater empathy for our patients and I think we should endeavour to work towards educating the hospital structure that we are available to assist them with their patients.



## Daily Health Tips.

In this week's excerpt from Lessons from the Miracle Doctors, Jon Barron discusses the issue of pharmaceutical residues in our drinking water.

"The prevalence of pharmaceuticals in water is nothing new. What has changed, though, is our ability to detect trace amounts of these contaminants in the water. We are now finding pharmaceuticals such as heart medication, steroids, synthetic hormones, and antidepressants in river systems and groundwater used for drinking supplies where we never detected them before.

During 1999–2000, the U.S. Geological Survey conducted the first nationwide investigation of the presence of pharmaceuticals, hormones,



and other organic contaminants in over 100 streams in some thirty states. Ninety-five contaminants were targeted, including antibiotics, prescription and non-prescription drugs, steroids, and hormones. Eighty-two contaminants were found in at least one sample, 80 percent of the streams tested positive for one or more contaminants, and 75 percent had two or more contaminants. And 13 percent contained an astounding twenty or more targeted contaminants.

There is no widespread treatment used by municipal water plants that removes these contaminants. Once these drugs enter the water supply, you end up drinking them unless you remove them yourself at home. Are the levels significant? Probably not significant enough to produce acute effects, but more than likely significant enough to produce subtle behavioral and reproductive changes. It's worth noting that a 2005 U.S. Geological Survey found that in some Potomac River tributaries nearly all of the male small-mouth bass caught were abnormal 'intersex' fish. So, maybe the effects are not so subtle after all!"

source: [www.baselinenutritionals.com](http://www.baselinenutritionals.com)

# ENNEAGRAM

It may seem rather out of place having an article on human personality in a holistic healers magazine. That is until you recognize the impact that our personality has as a source of chronic stress. It has been known for a long time that stress can affect the immune system, the study of the link between our state of mind and physiology is known as psychoneuroimmunology.

We humans are pretty weak physically but through thousands of years of evolution we found safety in sticking together in small groups of hunter gatherers called bands. At the same time as we developed the ability to share resources and cooperate with one another we were also developing a powerful defensive psychology, our personality, which protected us from the ordinary tensions of human community. Unfortunately what worked for us when we lived in small bands is devastating in our crowded industrial world.

It sounds mysterious but ennea just means nine in Greek and gramma means something written or drawn. The Enneagram is a map or flow chart that describes nine habitual ways in which human beings protect themselves. The theory is that we all have a gift or strength that we over-use with the tenacity of a compulsion; it is all about my survival at all costs.

## ONEs

The ones are striving to be perfect. Their attention automatically goes to what is right or wrong, error, in any situation. They are unconsciously motivated by a desire to suppress their anger. The constantly repressed anger is very hard on the body. Ones also become stressed by trying too hard to 'make it right' sometimes they stay too long in bad relationships that they are trying to 'fix'. They live with a relentless inner critic that can lead to depression, gut problems and a weakened immune system.

## TWOs

The twos are givers striving to be connected and appreciated. At the conscious level they want to be helpful to as many people as possible; at an unconscious level they are motivated by a desire to avoid their own sense of need. Twos avoid having any needs of their own and this can lead to chronic stress, resentment and burn-out.

## THREEs

The threes are the performers striving to be outstanding and seen as successful. At an unconscious level they are obsessed by a fear of failure. Stress results from being human doings and overworking at the expense of the life of the heart. They are stereotypical workaholics. There is a lot of damaging emotional repression as 'feelings are speed bumps that slow you down'.

Personality is invisible to us until we are made aware but it is highly visible to others. I am sure you must have met a perfectionist at some time or maybe you know someone who rushes forward to be helpful. Then there are the people who boss you around and take charge, it is hard to miss them.

Fourth Century desert father Avagrius of Ponticus was the first to document the personality types and believed them to be the root of all suffering and an obstacle to loving one another. They became the foundation of the seven deadly sins.

There is one source of chronic stress shared by all the types and that is relationship stress. We just don't realize that others see things differently from us and we have unrealistic expectations of one another. The enneagram can dramatically improve our relationships. When we can experience the world view of others in our lives it leads to greater tolerance and understanding and less stress!

The following brief overview of the different personality types includes ways in which each type creates chronic stress:

## **FOURs**

The fours are the tragic romantics striving to be unique. Consciously they are motivated by a desire to be thought of as refined, sensitive and a cut above the ordinary. At an unconscious level they are preoccupied by a fear of a humdrum life style, similar to that of other people. Fours create stress by musing too much on their feelings (Why am I like this? Something is missing?) this can lead to depression. They are also prone to substance abuse, impulsive behaviour, and emotional drama; all very stressful.

## **FIVEs**

The fives are the observers of life striving to be emotionally detached. At a conscious level they inhabit the intellectual domain feeling safe in the world of facts and analysis. At an unconscious level they are afraid of a nagging inner sense of emptiness. Fives become stressed when their love of isolation deepens into loneliness, it is stressful too when they find life 'too much' for their overly sensitive nervous systems.

## **SIXs**

The sixes play the role of devil's advocate; they are striving to be secure. Consciously they espouse the worthwhileness of faithfulness, and loyalty. At an unconscious level phobic sixes are afraid of non-conformity or deviance from accepted norms and are obedient to authorities while counterphobic sixes rebel against them. Sixes are often chronic worriers and tend to anticipate and even create crises. Sometimes sixes stay in toxic relationships far too long due to their need for security and a tendency to be obedient to authorities.

## **SEVENs**

The sevens are hedonists striving to be excited. They look at the bright side of things and are unconsciously motivated by a fear of pain. Sevens are hard on their bodies when they become too manic trying to keep excited. They are prone to addictions, injury, and dissipation. If trapped or limited they become righteously angry and that is wearing too.

## **EIGHTs**

The eights are natural leaders; they strive to be powerful effective people who get things done. At an unconscious level they avoid a sense of weakness, vulnerability and tenderness. Eights often use their body as an object to do work. They can be excessive, driven, and impatient and often wear them selves out at quite a young age.

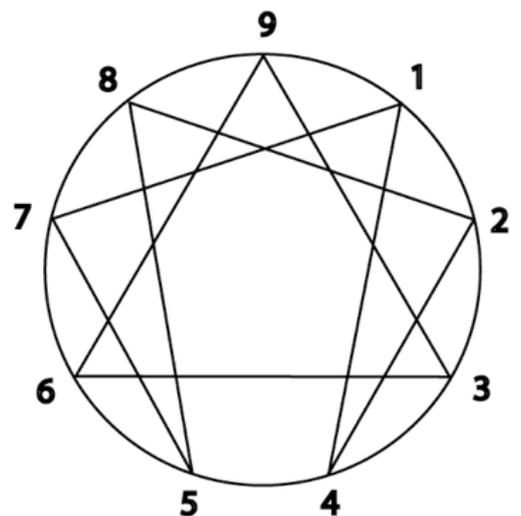
## **NINEs**

The nines are the mediators who strive to be peaceful; they create the impression that they are laid back and settled. At an unconscious level they are motivated by a fear of conflict and a desire for peace at any price. Not taking a position and feeling overlooked generates a lot of hidden anger and resentment which is harmful to the body. Comfort eating and lack of exercise can be harmful traps for the nine too.

The task of the Enneagram is to develop our ability to self-observe so that we have greater freedom and choice and according to quantum physics observation causes change.

The Enneagram is a very deep study and this is a very brief overview to whet your appetite. Awareness of your type can point you in a direction that leads towards greater life and health of body and mind.

**Beren Coulthard B.Sc. (Psychology), Qualified Counsellor, Enneagram Teacher and Spiritual Director**  
**0417 645 624 berenc123@bigpond.com**



# February & March Birthdays

## Happy birthday to the following members

Mary Malady, Stephanie Malone, David Kliese, Sharon Fletcher, Taea Hope, Sandra Gray, Lucinda Bowers, Elizabeth Moxey, Michele Proctor, Cecilia Relph, Gayle Powell, Judie-Anne Taylor, Kerrie Wilson, Joanne Munday, Ruth Corcoran, Virginia D'Cruz, Frank Pizzoferrato, Adraina Lazos

Mari Recasens, Danielle Pollard, Olga Perkins, Rudi Pauli, Mandy Pattenden, Phoebe Allwell, Kimberley Anderson, Christina Bertram, Gemma Castigia, Faye Fowler, Maria Garrido-mondejar, Mary Hoodless, Fiona reddoch, Gail Withers, Natalie Oakley

### Medicare Locals

Our association is taking a proactive approach by signing up as a supplier of a service to the Medicare local branches throughout each state, to receive newsletters and to attend meeting. In Queensland I have attended three meetings and have done a lot of networking with attendees and at every opportunity have I promoted our association so they are aware of us and what we provide and that we support conventional medicine and complimentary healthcare embracing healing modalities. We will keep you of any meetings coming up in your area and information that may be of interest to you.



*Connecting health to meet local needs*

## WORKSHOPS

### Crystal Grid Workshop

**Date & Time: Saturday, March 22nd 2014 - 10.00am to 4pm**

**Location: Ringwood, victoria**

**(bring own lunch)** snacks will be provided Information list emailed on booking

**Investment: \$250.00 including complete crystal set (22 crystals).**



Manifest love, abundance and much more when you complete this one day crystal grid workshop. Using the power of crystals and a day of fun and laughter to help you manifest your desires. You will learn 3 different grids that you will be able to take away and use in your life. I use grids in my life at home, work and in keeping loved anchored around me. Come and enjoy a wonderful day playing with crystals.

### Contact Diane

**0407790457 - [diane@angelicpresence](mailto:diane@angelicpresence)**

**Like me on Facebook; Angelic Presence**



*The committee would like your support  
We would like to get our organisation noticed by a lot more  
people, you can help us by displaying our logo on your website.  
Please contact the office for a copy of our logo*

## NETWORKING

The committee feels it is important for all our members to support likeminded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

## Conferences

**Australian integrated medical association** - Sydney  
**22-24 August 2014**

**Mindd International Forum 2014** - Sydney  
**14-15 June 2014**

## Website links



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

**Australian Industry Training Association**  
[www.aitd.com.au](http://www.aitd.com.au)

**Australian Hypnotherapy Association**  
[www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)

**Walter Last**  
[www.heal-yourself.com.au](http://www.heal-yourself.com.au)

**Strauss heart drops**  
[www.straussheartdrops.com](http://www.straussheartdrops.com)

**National federation of healers**  
[jenny@nfh.org.au](mailto:jenny@nfh.org.au)

**Magnetic Healers Unlimited**  
[www.magnetichealers.org.nz](http://www.magnetichealers.org.nz)  
[kathyaauric@actrix.co.nz](mailto:kathyaauric@actrix.co.nz)

**Cancer support organisation**  
[www.ucansurvive.org](http://www.ucansurvive.org)

**White Eagle Healing Centre**  
[www.whiteeaglelodge.org.au](http://www.whiteeaglelodge.org.au)

**Australia Counselling association**  
<http://www.theaca.net.au/>

Print - Signs - Designs  
Enquire @  
[www.caledoniancolour.com](http://www.caledoniancolour.com)

## COLLEGE DIRECTORY

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Finally thought  
for the month *Explore, Dream, Discover.*  
Tim Fraser - President and Editor

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