



July/August Informer

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.

**The secretary is Leonie Blackwell
0438 254 466**

**Administration officer
Is Karen Howard
0477 274 604
admin@ahhca.org**

Celebrating 20 Years

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FROM THE
Editor

I'd like to thank all our contributors for articles submitted, as I am taking on additional responsibilities for my lions club I am stepping down as the Editor. As of August 1st, please send all submissions to the administrator: admin@ahhca.org If you are interested in helping out with the newsletter please let us know.

Regards Tim Fraser

ARTICLE SUBMISSION GUIDELINES

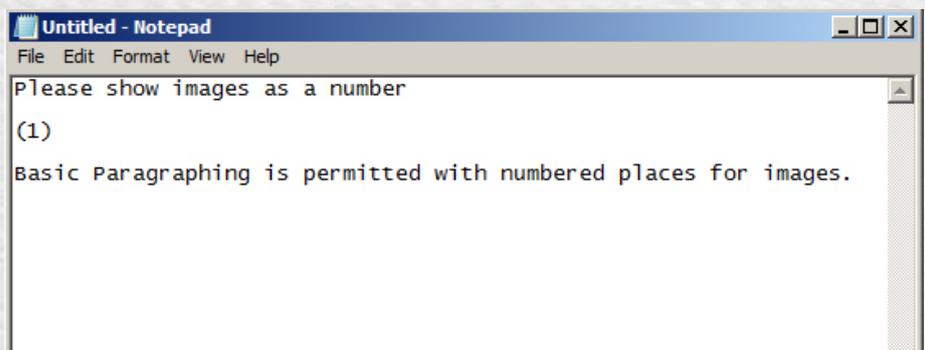
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum
500-1000 words

- Editor

Please email .txt documents to:
admin@ahhca.org



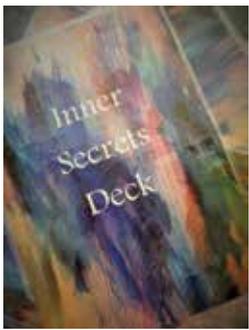
ABUNDANCE INSIGHTS BY BELINDA HARBER

Everything is Equal

In the beginning everything was created equal....including what dollars are in your bank account! One cent is equal to one million dollars. Or potentially that one cent could be equal to one dollar or even one trillion dollars. How could this be in the world of form where there is contrast and dualism? Well the world of form is irrelevant when developing a non dualist abundance mindset. If we look to the mind of our Creator we find that He attributes our minds with far greater value than we can comprehend.

In Truth, one cent is equal to one million dollars because in the beginning everything was created equal. If we feel stressed about the one cent in our bank account we have to attribute a higher meaning to it. We have to attribute all our love to it. That one cent is a great gift and rather than thinking about what we lack, we have to think about what we have. We have one cent. At what point do we come to understand that the one cent, what we have, is enough? We have to forgive ourselves for thinking that one cent is not enough, because in Truth it is more than enough. Why is forgiveness the answer?

The Law of Forgiveness suggests "a state of forward giving" and the Law of Giving and Receiving suggests that "if you give you shall receive". By way of association, if we give to ourselves in advance then we have to receive in advance. Forgiveness brings forward the time line to enable us to look at our false beliefs that block our flow. A shortcut to reversing lack thoughts around what is in (or perceivably not in) our bank account is thus in the mental affirmation "I forgive myself for thinking that (insert \$) is not enough" or "I forgive myself for thinking that I cannot afford (insert item)" or "I forgive myself for thinking that I don't have enough". Then we can allow any false beliefs to be brought to our awareness for nullification. Finally, we can affirm to ourselves "I already have unlimited dollars in my bank account/wallet or under my pillow". And so it is.



INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to be Equal

When you feel like something is wrong with you, your inner secret need is to be equal. Experiences that betrayed your worth have left you feeling flawed. But you want to exist on an even playing field. You want the same rights, opportunities, and freedoms you see others having. The ultimate truth is you already are equal. Each morning in the shower say to yourself, 'I already am equal' and feel the joy vibrating through every cell in your body as you align your souls truth with your human reality.

BOOK REVIEW

Be Rich AND Spiritual: You Can be both. Find out what the Law of Attraction left out. **Karen McDonald**

From the very first pages I found myself enthralled, fascinated with the topic and the promise outlined in the introduction.

I am familiar with the ideas outlined in The Law of Attraction, Think and Grow Rich, The Secret and the writings of Deepak Chopra and well aware of the incredible benefits of Family Constellations.

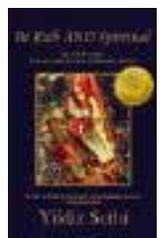
My experience in reading the book was to be gently reminded, nudged into remembering, all that is healing for me, the truth which has inspired me, while my spirit rejoiced in its revision.

Yildiz incorporates wisdom both ancient and modern, and offers techniques to maintain a balanced perspective, ways to live in alignment with the spirit within and best of all, she offers legitimate explanations and solutions for the difficulties we may face in creating the wealth we desire and the spiritual peace we seek.

She offers advice and suggestions in a down to earth realistic manner as to how we may deal with our troubles and lack of insight. I was intrigued by the wisdom contained in Vedic Astrology and its particular relevance, in regard to the accumulation of wealth.

Yildiz fulfils her purpose in writing this book. It is thought provoking and well researched. Her words affect not only the mind but speak to the heart and soul as well. She illustrates her messages with stories from the lives of ordinary people and offers many questions to ponder about one's own life, beliefs, values and intentions.

Throw away all the others; this book contains all the answers in one volume!



Art can be said to be -and can be used as - the externalized map of our interior self.

Peter London, No More Secondhand Art.

What is Transpersonal Art Therapy?

Transpersonal Art Therapy uses a holistic approach by dealing with the whole person and recognises each person as different by taking in to account their psychological, social, cultural, biological, ecological and spiritual backgrounds. Incorporated with 'person centered' counselling which focuses on the person and not the illness and uses an approach to promote an emotional, physical and spiritual wellbeing.

It is a way of mapping externally our internal landscape and to explore our own personal imagery. No artist talent required, just allow creativity to flow through your fingertips. Going within to take a journey outwards beyond your conscious thinking to a state of deeper relaxation to access your higher consciousness. Allowing you to release what may be hidden within the subconscious and bring up to the conscious level through your art. The art created may be used to facilitate new understandings, insight and healing into past and present traumas, crises and unresolved issues.

Benefits

Children through to the elderly can participate in an art therapy session, it can benefit those treated for or suffering from:

- Depression
 - Progressive or degenerative illness
 - Palliative care
 - Grief and loss
 - Behavioural issues
 - Stress
 - Trauma
- Plus many more.....



Art Therapy can help in many areas of your life:

- Self esteem
- Emotional release
- Focus and concentration
- Verbal or non-verbal communication and expression
- Life transitions

The client can express and explore themselves in a safe and nurturing environment using a range of different techniques and materials:

- Music
- Movement
- Role playing
- Relaxation
- Guided imagery
- Visualisation
- Play doh/Clay
- Material
- Collage
- Colour – paints, pencils, oil pastels.
- Masks
- Mandala
- Dreams
- Fairy tales & myths



Often having difficulties with physical mobility and mental awareness, the elderly like us all retain their feelings and emotions, this can lead to anxiety, frustration and sadness even though sometimes they may not fully comprehend.

“Expression through these therapies is powerful because it assures us that significance, meaning and beauty can emerge from pain, confusion and trauma.” Through reflection and learning to dialogue with the art work, art therapy focuses on the creative process rather than the end product and it is an opportunity for people to explore and express life issues such as grief, depression and anxiety in a creative, safe and nurturing environment.

Diane Collett
Angelic Presence
www.angelicpresence.com.au
diane@angelicpresence.com.au
0407 790 457





*Jenny Dent,
International Speaker and leader of
The White Eagle Lodge
Will present a Workshop in Brisbane
On Saturday 29th August, 2015*



"The New Jerusalem—St. John's Golden City and the Twelve Gates."

Place: "Silo" 31B Stevenson Street, Paddington
Time: Commencing at 10 a.m. until 4.00 p.m.
Cost: \$75.00 including morning and afternoon tea.

Jenny Dent draws on her 50 years' experience working with White Eagle's teaching to share his vision about THE GOLDEN CITY described by St John, and the possibility for all spiritual seekers to enter the city through one of the twelve gates.

The day will include:-

- A brief overview of the twelve gates – Zodiac signs.
- 'interactive' with times of sharing, and activities,
- meditation and quiet reflection.
- suggestions for individual ongoing work with our guides and Angelic helpers
-

If you feel a little depressed about the state of our world at this present time, do join Jenny for this day of upliftment and vision.

Jenny will also facilitate a Workshop on Saturday 5th September at The Temple of Light, White Eagle Lodge, 19 Tesch Road, Maleny, Qld. The subject will be 'St. Michael and All Angels.'

More detailed information is posted on our website www.whiteeaglelodge.org.au or you may like to phone the Lodge on 07 5494 4397

Art & Meditation as Medicine

Facilitated by Diane Collett

Weekly 2 hour group that will enable you to leave the stress of everyday life outside of the room, while you release & learn tools to use in your life for combating every day occurrences.

Using Art and Meditation to connect to your inner self and find the peace that lays within. Release negativity, tension & emotions through art, moving into relaxing through breathing exercises & guided meditation finishing with fine tuning our intuitive skills through exploring art, cards, crystals and much more. Allowing you to explore and play in a safe, nurturing and friendly environment.

Starting again in September 2015

Investment: \$35.00 casual per class
Or buy a 5 sessions or term pass to save
Based in Ringwood 7pm to 9pm
All other details given when booking is taken.





AHHCA PROFESSIONAL DEVELOPMENT DAY

Date: Sunday 30th August 2015

Time: 9.30am to 5pm with an hour lunch break around 12.30pm

Place: South Melbourne Surf Lifesaving Club, Beaconsfield Parade, Albert Park
(The venue is close to the final stop of the Number 1 Tram line.)

Cost: \$50 for students; \$60 for AHHCA members; \$70 for non-members

For more information or to book go to <http://www.ahhca.org/events.php>



ABUNDANCE & PROSPERITY WITH Belinda Harber – Angelic Accounting

Wanted something for a really long time and it's yet to turn up? Well turn up to this session and find out how to have what's wanted!

Learn from AHHCA Treasurer and Abundance Consultant, Belinda Harber, the relevant principles of Divine metaphysics for abundance and prosperity and their practical implementation for profound change.

MAKING SENSE OF THE INSENSIBLE WITH Leonie Blackwell

Principal - The Essence of Healing

You're working to bring out the best in your clients, right? But sometimes their lives seem so complicated and clarity can get lost in the mire of their past experiences, fears, interpretation, intention, unmet needs, and motivations. What if you had a tool that unlocked the inner secrets of their reality? Imagine being able to identify what the source of their current responses are and then have strategies and techniques at your fingertips to assist you in helping them process and transform their life. Who wouldn't want that?

Be the first to experience the Inner Secrets Deck and accompanying book for yourself. Leonie Blackwell, author of Making Sense of the Insensible, will share this unique tool that provides greater clarity and insight to daily life allowing anyone to be in charge of their personal growth by consciously making choices and taking responsibility right now for all they are with love and joy, acceptance and peace.

FEET READING, A WINDOW TO THE SOUL WITH Lyn Fava

Principal - Australian School of Reflexology & Relaxation

Lyn Fava is dedicated to holistic health incorporating body mind and soul. Having spent 20 years in the nursing profession, she began to question why illness occurs and why some people heal and others don't.

19 years ago, quite by "accident" Lyn stumbled upon reflexology and realized that the feet reflect the physical and emotional state of the body. During her training at the ASRR was fascinated by how the characteristics of the feet could give the reflexologist an insight as to how the client perceives themselves. Lyn further studied chakra archetypes, energy work and together with foot characteristics, began finding amazing correlations between the key to healing from a soul level and the feet.

During this seminar Lyn will bring to light the meaning of feet characteristics and what they say about you.



**Accredited Training Colleges
Practitioner Directory**

www.ahhca.org

Membership Enquiries

Phone: 0477 274 604

Email: admin@ahhca.org

PO Box 1149 Melbourne 3001

COMMITTEE 2014-15

PRESIDENT: Jim Fraser

VICE PRESIDENT: Vacant. Thank you Diane Collett for your service in this role over the last 12 months.

SECRETARY: Leonie Blackwell

TREASURER: Belinda Harber

ADMINISTRATOR: Karen Howard

GENERAL COMMITTEE: Helen Bramley Jackson, Andonnia Gotsi, Jayne Boyle, Karen Howard

QUALIFIED SUPERVISORS

Helen Bramley Jackson – Phone: 03 5447 9331 or Email: helenlbj@gmail.com

Andonnia Gotsi – 0422 261 394 or Email: andonnia@gmail.com

David Kliese PHD – Ph: (07) 5476 8122 or Email: david@davidkliese.com.au

Wendy Lauder – Contact: 54412516 or wlauder@hotmail.com.au

AFFILIATED MEMBERS

Australian Doctor Healer Network

www.doctorhealernetnetworkaustralia.com

Free Listing Please contact: tim@doctorhealernetnetworkaustralia.com

Healing Centre • Educational Retreat

www.whiteeaglelodge.org.au - (07) 5494 4397

Mental Health Academy

www.mentalhealthacademy.com.au

Pathways Holistic Centre

www.pathwaysholistic.com.au - (07) 5326 3336



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

July & August Birthdays

Happy birthday to the following members

Tracey Cockerton, Denise Haffenden, Katrina Jackson, Meenak Krishnan, Monica Martinez, Zia Mckenzie, Rebecca Webley-Jansen.

Farhana Jaikaran, Viesha Lewand, Anetta Maclean, Karen Ralph Gillian Wealands, Corrine Brown, Judith Cairns, Marilyn Copeland Christine Dobson, Helen Elizabeth, Miriam Marmolejo, Jennifer Mc Donald, Carita Merilainen, Melissa Nelson

NETWORKING

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

WEBSITE LINKS

Hearts in healthcare

www.heartsinhealthcare.com

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Walter Last

www.heal-yourself.com.au

Strauss heart drops

www.straussheartdrops.com

National federation of healers

jenny@nfh.org.au

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyaauric@actrix.co.nz

Cancer support organisation

www.ucansurvive.org

White Eagle Healing Centre

www.whiteeaglelodge.org.au

Australia Counselling association

<http://www.theaca.net.au/>

The Healing Forum

www.thehealingforum.com

Caledonian Colour

PRINT | SIGNS | DESIGN

www.caledoniancolour.com

FUTURE EVENTS

QUEENSLAND AHHCA SEMINAR

3-4 October 2015 - CWA Hall Samford

Australian Foundation for Healing Touch Inc - National Gathering - 2015

The 2015 Gathering will be held at Edmund Rice Retreat Centre "Winbourne", 1315 Mulgoa Road, Mulgoa NSW on October 16-18, 2015.

Australian Reiki Connection Presents

THE FUTURE FOR REIKI - Pathway to wellness

Sat 17th & Sun 18th October 2015 -SYDNEY NSW

THE HEALING FORUM -

Melbourne Launch Party Wed August 19th, (6:30 - 8:30 pm)
Impala & Peacock, 558 Sydney Road, Brunswick VIC 3056

Sydney go to www.thehealingforum.com

College DIRECTORY

Diane Collett - Angelic presence

www.angelicpresence.com.au

Email: diane@angelicpresence.com.au

Ph: (03) 9874 1684

Mob: 0407 790 457

Brenda Sutherland - The Awakening Group

www.awakening.com.au

Email: info@awakening.com.au

Qld Ph: (07) 547 11205, Fax: (07) 547 11206

Mob: 0411 516 185

Frank Pizzoferrato - Living Chi Healing Centre

www.livingchihealing.com.au

Em frankp@live.com.au

Mob: 0419 321 838

Ph: (03) 9887 5052

Leonie Blackwell - The Essence of Healing

Website: www.essenceofhealing.com.au

Em: leonie@dcsi.net.au

Ph.: (03) 5625 4466

Mob: 0438 254 466

Stephanie Egan - Natural Energies College

www.naturalenergies.com.au

study@naturalenergies.com.au

Ph: (03) 9584 1143

David Kliese- Trinity Academy of Science and Philosophy

Website: www.DavidKliese.com.au

Em: trinityacademy@hotmail.com

david@davidkliese.com.au

Ph: (07) 5476 8122

Joy Nicholson - ISET

Ph: (03) 6243 5383

Mob: 0415 416 168

joynicholson@aapt.net.au

Dr Patricia Sherwood - SOPHIA COLLEGE

Website: www.sophiacollege.com

Email: info@sophiacollege.com

Phone: (08) 9726 1505

Final thought for the month *When words are not enough, we turn to images and symbols to tell our stories. And in telling our stories through art, we find pathways to wellness, recovery and transformation - Cathy Malchiodi*
- See more at: <http://www.cathymalchiodi.com>

GPO Box 1149 Melbourne 3001

Web: www.ahhca.org