



September 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
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**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

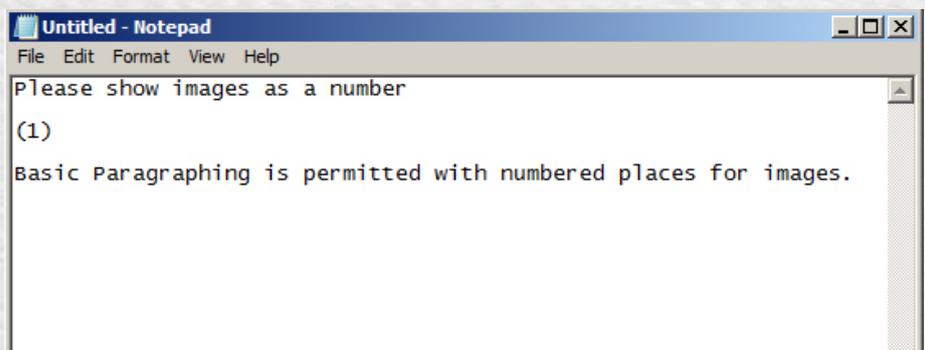
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

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

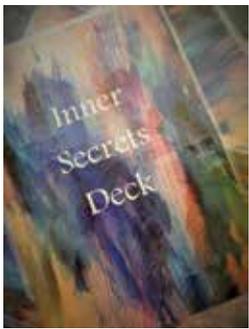


ABUNDANCE INSIGHTS BY BELINDA HARBER

Law of Love

The Law of Abundance says that there is an all-sufficiency of supply. Sometimes we are in denial of this fact, sometimes we deny that our Creator loves us so much that everything is already provided. The denial could be a function of our environment, our conditioning, deep seated beliefs buried beneath the surface, some may even say it's our karma. Whatever the reason, there is a metaphysical Law that trumps any form of denial, the Law of Love.

When we think we feel unloved because our health or finances or relationships or everything is in a perceived mess, actually there is a lot of love there waiting for us, pulsating like a beacon of light. We just have to remember it, and when we do remember it, we will feel it. Apply the symbol of love to it if that brings some relief. I ask my clients to draw love hearts on their bills, then I ask them to hug their bills. If their bill was a person they would give them a hug in gratitude for the wonderful service or goods provided. People were behind providing you with the electronic device you are reading this article off, people with inspirational minds to create the technology, people just like you looking for the same all-sufficiency of supply. So really we are thanking the God-self in each of those people for the opportunity to remember who we are. And if that is too challenging to comprehend, best to start with giving yourself a hug, it's the quickest way to remember the feeling of being loved, and thus to remember that the all-sufficiency is in you, it is you, and that you are enough.



INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to be Loved

With Venus in retrograde for the last forty days, from the end of July until early September, the feeling of being unloved by others may have been triggered. An opportunity to build on your self-love was the lesson. So often you can feel unloved but not because you are...not...loved but because the inner secret need dominating your unconscious mind is to be needed. Where is this playing out for you? Have things changed in your family or at work so you don't feel as important, appreciated, or significant anymore? What about how you are treating yourself? Are you withholding

love from yourself? What do you think will happen if you loved yourself? What have you been taught about self-love? What have you observed in others and promised never to become? Here's a thought – true self-love is the capacity to take care of you physically, mentally, emotionally, sexually, and spiritually. You are needed by you to take care of yourself; do more of that!

MEMBER MATTERS

Did you know that Life Membership is granted to individuals that have been a voting member of the association for 15 continuous years, with a minimum of 5 of those years held in office?

We are always looking for more people to join the AHHCA Committee of Management - if you have been a member for a while you may want to consider taking on the role of an ordinary committee member. The requirements of the role are really only to attend a meeting once a month (online or via teleconference) and to act in the best interest of the members of the association.

If you want to find out more please contact admin@ahhca.org

SAVE THE DATE

Our Annual General Meeting and Planning Day is coming up on Sunday 15th November 2015. Further details will appear in the October Informer.



Flower Essences - A Personal Journey

I first was introduced to flower essence over 18 years ago good old "Rescue Remedy" on my wedding day!!! I remember taking this a few times in my early years, however my deeper connection and absolute love of flower essences started just over 10 years ago.....I remember comforting my 7 year old daughter through her anxiety and worries. I was talking her through some things and then our eyes connected I stared deeply into them it was like I was looking into her soul and in that moment I realised OMG she feels like I do, she was reflecting all of my deepest fears, insecurities and worries right back at me, they were mine, what had I done I had given my own daughter my "stuff" it hit me like a tonne of bricks. It was a heartbreaking realisation for me as all I ever wanted or any parent wants for that matter is for your children to be happy and feel good about themselves..... and my baby didn't and beneath all the pretending neither did I.

After beating myself for a little while I realised I had to do or find something for my daughter and more importantly for me. I knew deep down I was the catalyst for the change here I knew I had to delve into my murky waters to help my daughter heal. I needed to find something to help me and then bingo.....
I found FLOWER ESSENCES.

Talk about a life changing discovery.....they have supported me to shift and transform my self-limiting beliefs behaviours and patterns! They have helped me to let go and release many layers of emotional baggage, trust me I had enough to fill an airport baggage carousel. I am now no longer consumed by my heavy emotions that kept me stuck for so long. I rediscovered ME.... As for my now 17 year old daughter well she is a teenager but she is grounded, confident and most of all she is uniquely her....trust me on the unique bit...she is awesome, and I truly believe if I didn't do the "work" on me then this would not be the case!

Lets keep how flower essences "work" really simple.

Every flower holds its own unique vibration and therefore different flowers will support your emotional wellbeing in different ways. So depending on where/what you need support will depend on which flower essence you will take.

I believe that everything holds a vibration our emotions, our thoughts and our physical body. So if I break our emotions down very simply into two vibrational categories.

1: Heavy: anger, frustration, guilt, grief, stress, fear resentment, shame, bitterness these emotions weigh us down they keep small and feeling heavy and our heart closed

2: Light: joy, love, gratitude, compassion, kindness, happiness, these emotions uplift us they open our hearts and give us freedom and balance

These heavy emotions consume us keep us stuck, hidden and disconnected from our true essence. I believe flower essences seep into those heavy emotions and start to lift them up, they support us to raise these vibrations so we can unravel our layers, clear and dissolve these weighty heavy emotions, then we can come into balance and reconnect to our true essence. That's where the magic is!

Now I am not saying that by simply taking a flower essences you are going let go of all your heavy “baggage” and live happily ever after life simply isn’t like that. You have to do some work too. I believe it all starts with taking responsibility for YOU and consciously becoming aware and allowing yourself to embrace all of your emotions and Yes the flower will support you along the way.

As for what flower essence you need well there are many out there to choose from and I honestly believe it’s a personal choice - I don’t feel one is better than another you will be drawn to the “right” ones. My advice is to TRUST you own inner guidance if it FEELS good then it is good!

I LOVED flower essences so much that I have studied them for years and became a qualified flower essence practioner (through a wonderful course with Leonie Blackwell) so I could share them with the world!!! . The Australian Bush Flower Essences are what resonated with in my earlier days mainly because they were made here and I felt very drawn to work with the vibration of Australia and where I lived. These essences supported me to unravel my layers enough to be able to hear my inner voice which was guiding me to make my very own unique range of flower essences from the wild flowers on my bush property.

Wow what a journey it has been and a story for another time. However I will say that over the past 3 years I have had an amazing transformational journey making each one of my very own unique essences (15 so far) my range has taken me deeply through each charka (didn’t realise that at the time) and balanced them I have reprogrammed my belief system to what FEELS right for me. I feel more connected than I have before and I now can wholeheartly say I love who I am.....that I thought I would never be able to say!

Flower essences are a gift from Mother Nature, a gift that supports us to reconnect to our hearts. Our true essence of who we uniquely are lies within all of us we just need to unravel our layers and allow ourselves to BE ourselves.

If you feel drawn to know more about MK Wellbeing this is a little of what I offer

- ♥ Practioners range of wellbeing products
- ♥ 1:1 Flower essence healing sessions
- ♥ Intuitive flower essence workshops on my bush property
- ♥ 8 weeks transformational journey through flower essences

My heart is open if you would like to share your journey with me.

Much Love Melinda Kienhuis

www.facebook.mkwellbeing.com info@mkwellbeing.com.au www.mkwellbeing.com.au



SEMINAR

3-4 October 2015
CWA Hall Samford
Main St, Near Brisbane.
Ph: (07) 5494 4397

Celebrating
20
Years

DOOR PRIZE
Hyperbaric Treatment



www.breathebenefits.com

www.ahhca.org

SPEAKERS



Zac Bobrov

Experience in the field of nutritional and environmental medicine. He specialises in the utilisation of complementary medicines for the treatment of nutritional imbalances and heavy metal toxicity.



Dr. Dzung Price

MBBS (Hons) (UQ) FRACGP DHE Dip.
Family Planning, NLP Practitioner,
Holistic Medical Practitioner



Transformative mindfulness

Ruth Donnelly

Holistic Counsellor



Bronwyn Garland

Creator at Garland of Hope | Reiki Master | Meditation Guide | Life Coach | Gold Coast



Essential Consciousness & Liquid Light

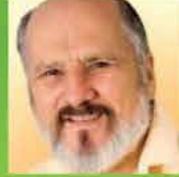
Deborah Husbands

20 years studying, working & teaching in the field of Consciousness. Registered teacher with ASIACT.ORG in the field of Colour, Light & Energy.



Kerry Talbot

Healer



David Kliese PHD

Naturopath Counsellor Hypnotherapist
Trinity Academy of Science and Philosophy



Psychology of Colour

Tim Fraser

President AHHCA
Founder of Australian Doctor Healer Network



The Secret Language of the Body and How You can Use it to Heal

Jenny Fitzgerald

President National Federation of Healers & the founder of Heart Connections.



Tracey Rhodes

Radio Host, Inspirational Speaker, Advanced Liquid Crystal Practitioner, Magazine Columnist, Sound Healer and Meditation CD Artist. *Representing White Eagle Lodge*



Dr Edward Osborne

Holistic Integrative Medical Practitioner



Bernadette Bekker

Practising naturopath, herbalist and Homeobotanical Trainer

Supporting Organisation

 **InterClinical Laboratories**

www.interclinical.com.au



Organizer: Tim Fraser, President, AHHCA - 1300 387 063, president@ahhca.org

Co-Organiser: Carmel Schleger, Holistic Life Change Coach - Mobile: 0412 432 885
lifechangecoachinfo@gmail.com

Time: 10:00 - 4:00pm Sat & Sun
Cost: \$150 - 2 days, non member
\$120 - 2 days, member
\$95 - 1 day, non member
\$75 - 1 day, member

Lunch is available at cafes near by but not included in price.

Payment Options: BENDIGO BANK
BSB: 633 000 Acc. No.: 104 665 708
Acc. Name: Australian Holistic Healers and Counsellors Association

Certificate of Attendance & Professional Development Points Issued

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



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*

*Eve Francis, Belinda Harber, Cheryl Jenkins, Melinda Lienhuis,
Lorraine Montgomery, Stephanie Fleeton, Steven John
Josina Van den Akker, Linda Koen, Joy Nicholson
Michelle Schneider, Gwen Williamson*

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

National Indigenous Men's Network Conference & National Indigenous Women's Network Conference

28th – 30th September at the Hilton Hotel in Darwin NT

QUEENSLAND AHHCA SEMINAR

3-4 October 2015 - CWA Hall Samford

Australian Foundation for Healing Touch Inc - National Gathering - 2015

16-18, October at Edmund Rice Retreat Centre "Winbourne" 1315 Mulgoa Road, Mulgoa NSW

Australian Reiki Connection Presents

THE FUTURE FOR REIKI - Pathway to wellness

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

College DIRECTORY

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Phone: (08) 9726 1505

Final thought This may help you with the Spring Cleaning: *"All things have consciousness and if you ask them for the month they will tell you where they want to go and who they want to belong to."*

Gary Douglas founder Access Consciousness®

GPO Box 1149 Melbourne 3001

Web: www.ahhca.org