



October 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.

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Celebrating 20 Years

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FROM THE
Editor

Please send all submissions to the administrator admin@ahhca.org.
Article Submission guidelines are below.

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

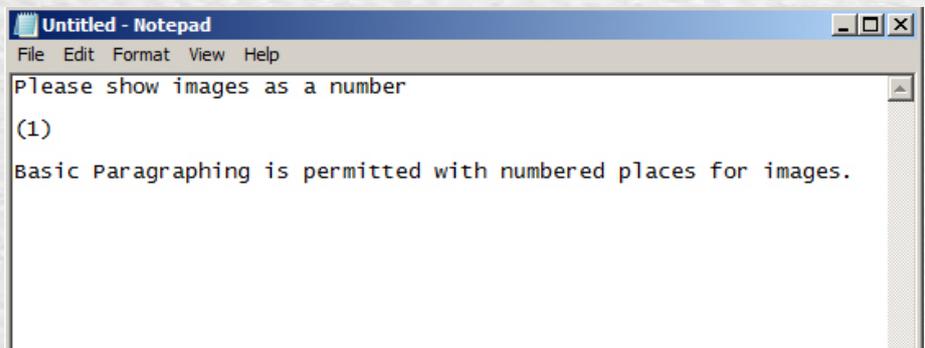
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

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

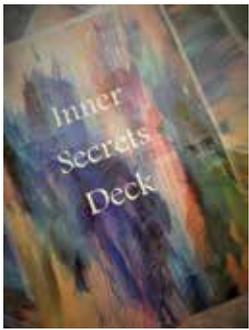


ABUNDANCE INSIGHTS BY BELINDA HARBER

The Noah Principle is one that always makes giggle: "if you hoard it for a rainy day, you will have to spend it on an ark". What do you hold onto only because it makes you feel safe? Are those things you are holding onto mis-creating a false sense of external security? How about the boxes of stuff that you haven't looked at in years? Or maybe those assets just sitting in your bank account doing nothing whilst the mortgage or credit card debt still exists (and when I say assets I will reiterate that \$1 is equal to a million dollars because in the beginning everything was created equal).

The Law of Circulation or Giving and Receiving can be quite confronting. I know that it frequently reminds me to kick myself out of my safety zone and give to self. Why is giving important? A Course in Miracles says "to have, give all to all", where the second "all" is a reference to "you" because you are everything. Taking that \$1 out of the bank account and attributing it to the credit card debt may bring up a lot of fear. Yet, only love is real, and hoarding that dollar is counter-intuitive to the Law of Circulation as there are more \$1's where they came from.

At what point do we release the need for those external safety measures and realise that we have a Source within us so profound that when we let go we allow that Source to provide what we really want?



INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to be Safe

Often when we ask ourselves what is stopping me from...doing anything we want, the underlying fear is that we won't be safe; that our vulnerability will be violated. The need to be safe is applicable to every aspect of our emotional, mental, physical, and spiritual existence.

Our perception of the world is formed by how safe we feel. Personal boundaries are so important in creating a sense of being safe and feeling safe. When our energetic boundaries are porous we can be more vulnerable to environmental toxins, chemicals and food. We can absorb and merge

with others emotions and confuse how we feel with them. We may want to hide our most creative, playful, gentle, innocent, and precious self away from others opinions and judgements. The lesson is to feel safe within our vulnerability.

One of the most popular flower essence mixes I make for clients is the Californian Flower Essence Society combination of Yarrow, Pink Yarrow, Golden Yarrow, Mountain Pennyroyal, and Red Clover. It helps seal our energetic boundaries and connect us into our inner strength, providing clarity.

MEMBER MATTERS

The AHCA AGM and Planning Day is coming up on Sunday November 15th (see separate notice in this edition of The Informer for details).

We would like to invite and encourage all members to participate in the running of your professional association! You are welcome to come on the day and participate with suggestions and questions AND / or join the Committee as we celebrate 20 years with a wonderful Greek 3 course lunch.

You are also welcome to nominate to join the committee and join us at our monthly meeting via phone or computer - please contact Karen via email admin@ahca.org for a nomination form.

COMMITTEE MATTERS

The Association's Committee is made up of its members and anyone is welcome to join. Each year we hold an AGM where the committee is elected. That happens on November 15 this year at 11am at The Aegean Restaurant in Brunswick. On the day the committee is also holding its strategic planning session and would love your input. All members are welcome to attend the day and participate in the review and setting the direction of the association for the next five years. Email our administrator Karen Howard for further information.

Throughout the year we have been working on our policies and procedures to support our efficient functioning. As part of this we have been striving to find better ways to serve our members. The monthly newsletter is a wonderful opportunity for members to write articles about the modalities they use in their businesses. We will soon be providing members, colleges, and affiliated organisations the opportunity to advertise in the newsletter and on our website. There are two options – a quarter page of 100 words and a picture; or a half page consisting of 250 words and a picture. There can only be a maximum of four advertisements per month. If you are interested contact Karen for more details and price options.

Hawaiian Lomilomi Bodywork

From an early age in childhood I was blessed to be exposed to the world of 'alternative health' and spirituality. Much journeying and study eventually brought me to Hawaiian healing and spiritual practices. That deep connection with the Aloha Spirit began over 25 years ago and is a path I live.

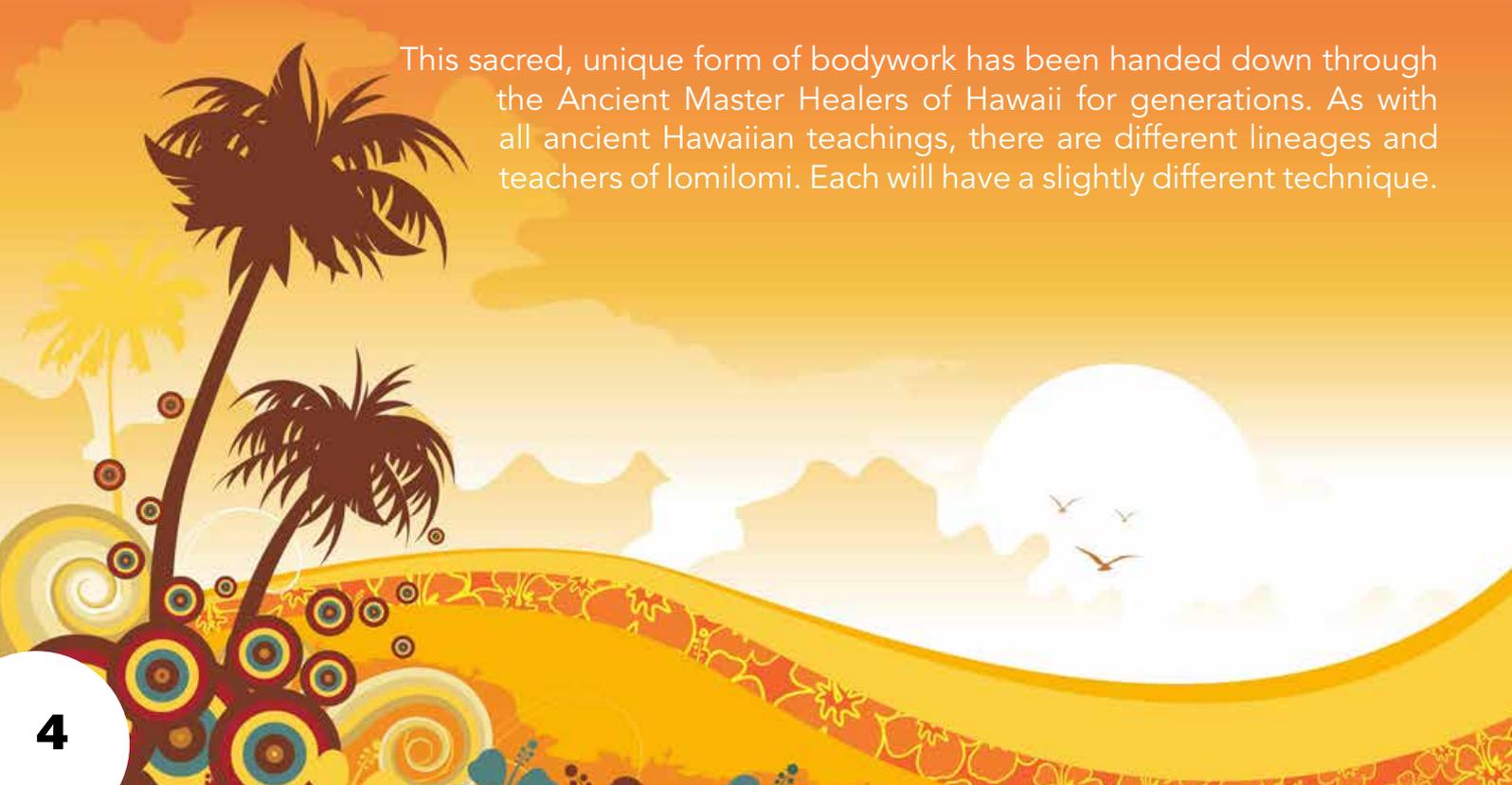
Many years ago, as a massage therapist, psychotherapist and counsellor I had a busy practice, yet something was missing. As I looked around at other practitioners, I realised what it was – the heart. There were a lot of excellent 'technicians', yet every 'body' was being treated the same, a production line, trying to 'fix' people. There was no heart, no treating the whole being, physically, mentally, emotionally and spiritually. Enter lomilomi, the missing key, the heart and soul connection.

Waiho wale kahiko: Old secrets are now revealed

Lomilomi is one of the most profoundly healing forms of massage. The Hawaiians look at things in terms of energy flow, following the idea that an idea or belief can block energy flow as much as muscle tension can. Lomilomi helps release the blockages, whilst at the same time giving the energy new direction. Thus lomilomi is not just a physical experience, it also facilitates healing on the mental, emotional and spiritual levels as well. The Hawaiians view all aspects of the body as one and believe that the physical, mental, emotional and spiritual are all part of the 'whole' self - when healing occurs on one level, it impacts on all levels. Rather than viewing the client as someone to 'be fixed', a lomilomi practitioner views each person as a Being to be assisted in returning to harmony and balance. It is important to remember that the practitioner does not heal but is the facilitator for the healing, creating a safe place for the healing to occur.

When harmony is lacking the effect is pain physically, mentally, emotionally or spiritually. Illness is a state of tension, which leads to resistance which blocks energy movement. Lomilomi helps release this and therefore facilitates the road to healing. On the physical level there are many benefits such as release of stress and tension, blood and lymph flow assisted and the elimination of wastes and toxins stimulated.

This sacred, unique form of bodywork has been handed down through the Ancient Master Healers of Hawaii for generations. As with all ancient Hawaiian teachings, there are different lineages and teachers of lomilomi. Each will have a slightly different technique.





One is not better than another, they are just different. The important thing is the focus, intent and spiritual connection of the practitioner. They must always be respectful, honouring and maintain the sovereignty of the massage and do what is pono or right with the culture and traditional teachings.

Something that is important to address here is an issue which deeply concerns Kanaka Maoli (Native Hawaiians). That being the Western practice of mis-appropriation, mis-use and distillation of so many of their sacred teachings. The prevalence of 'Pop Up' massage shops, unfortunately is doing a disservice to the integrity of Hawaiian Lomilomi and Healing practices, as well as with many other healing modalities.

To understand the depth and profound healing ability of Lomilomi, an understanding of the Hawaiian mindset in relation to bodywork and healing is paramount. A question that I suggest anyone who is seeking a legitimate practitioner or teacher is, 'who is your Kumu?' This means who is your teacher and what is their lineage? Where in Hawaii have they studied and with which Kumu.

As practitioners and teachers of any modality, it is our responsibility to maintain the ethics, integrity and authenticity of that modality. As a forever student, practitioner and Kumu (teacher) of Hawaiian healing practices, it is my responsibility to be a voice for those whose teachings I represent and share. I have a responsibility to educate as to what is pono (right) and what is not.

18 months ago I stepped away from teaching to focus on some other Hawaiian based projects. On a recent trip travelling with 2 of my Kumu, I received a strong prod to step up to do another Lomilomi training in Victoria.

The Hawaiian Lomilomi Training Retreat is an Intensive. You are immersed in Hawaiian culture, spirituality and the many facets that make up Lomilomi and Hawaiian Bodywork. Whether you wish to become a practitioner or wish to experience deep insights, healing, as well as learning powerful tools for wellness, this training is a unique opportunity.

Aloha Mai – I come with love.

Tracey Namakanaokalani Ha'aoLakainápalī

tracey@tranceformations.com.au 0411 239 081

* my website and business name is about to be re-birthed and re-launched. In the interim, please visit

www.lomilomi.com.au - www.facebook.com/HalauMalamaNaPuaeLimaKaiwiMauLoa

My next training course is - February 6-13

* 10% of all monies received is donated to projects perpetuating Hawaiian Culture & Animal Welfare.



Australasian Integrative Medicine Conference Report PART ONE by Karen Howard

Every year our President, Tim Fraser, is insistent in the AHHCA attending this event, and now I know why!

Unfortunately Tim recently had an accident which left him temporarily one handed, so he was allowed to bring along some help to the event, which was held in Melbourne this year, so Belinda and I took turns in helping out.

I was there to help with set up on the first night and attended the opening sessions. I was very impressed at the quality of the speakers and the other exhibitors, and loved the opportunity to discuss the issues of intergrating mind/body/soul therapies with western medical practices and the issues facing medical doctors who do so. Some of the exhibitors were offering samples of well researched food based nutraceutical formulas and it was exciting to see the combination of scientific method and traditional cures coming together to expand our repertoire of treatments for ill health. It was also great to see Tim in action, networking with other groups and forging bonds that will hopefully open up opportunities for us in the future!

Australian Counselling Association Conference Report by Jayne Boyle

I enjoyed this conference held in September at the Rydges Hotel in Melbourne - in my view it had a choice of interesting topics for both clinical and holistic counsellors. I estimate that there would have been around 200 plus people in attendance, mostly clinical style counsellors. The day was well organised and welcoming. The AGM (11.35am to 12pm) was only for registered paid up ACA members so there was a 30-40 minutes break for those not members; there were 3 of us who waited in the lounge until the AGM finished.

I think that all Holistic Counsellors would benefit from attending this conference for PD. The workshops I attended were professional, the speakers were accomplished and qualified and the topics were in my opinion interesting, up-to-date and relevant to counselling (both clinical and holistic). It was probably the most professional PD day I've attended to date.

The price was \$180.00 as a non-member (included coffee/tea/ snacks & lunch), which may be seen by some a little prohibitive – but at allocated 18 OPD (on-going professional development) points., I thought it was worth the cost.

National Code of Conduct for Healthcare Workers

From 1st October 2015, the National Code of Conduct for Healthcare Workers will apply to health workers in Queensland. It has already been implemented in NSW and South Australia and the remaining states and territories will follow as the Code is rolled out nationally.

The code sets minimum standards of conduct for healthcare workers whether they come under the law as registered or non-registered healthcare practitioners and service providers. Health services are defined as any activity relating to the physical, psychological, emotional, and spiritual wellbeing of an individual. This means the code relates to all the modalities covered by the AHHCA. We will explore the full details in a later newsletter but in the meantime if you want to download the full report you will find it here:

<http://www.coaghealthcouncil.gov.au/NationalCodeOfConductForHealthCareWorkers>,

then click on the link to the National Code of Conduct for Healthcare Workers on the left hand side of the page.

AHHCA AGM & Strategic Planning Day

Sunday 15th November Aegean Restaurant 19 Brunswick St, Brunswick.

There is free all day parking on the street at that end of Brunswick St on Sundays and the tram stops nearby!

11am AGM

12pm Strategic Planning part 1 - Member Benefits

1pm Lunch (\$45 per head for 3 course buffet, inc soft drink, tea/coffee)

2pm Strategic Planning part 2

4pm Close

We would encourage all members, especially Victorian ones, to come for some or all of the day.

Please RSVP by November 11th for catering purposes.

COMMITTEE 2014-15

PRESIDENT: Jim Fraser

VICE PRESIDENT: Vacant

SECRETARY: Leonie Blackwell

TREASURER: Belinda Harber

ADMINISTRATOR: Karen Howard

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

QUALIFIED SUPERVISORS

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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

October Birthdays

*Happy birthday
to the following
members*

Susanna Carman Lalor
Rose Farrugia
Iwona Kapczuk
Elizabeth Moxey
Dr Nikki Staley
Brenda Sutherland

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@atrix.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

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

Improving Healthcare International Conference

16-18 November Melbourne

<http://ihic.improve.org.au/>

STOP Domestic Violence Conference

7-9 December Canberra

www.stopdomesticviolence.com.au/registration/

College DIRECTORY

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