



December/ January 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



Wishing everyone a happy and healthy holiday season!"

TABLE OF CONTENTS

Inner Secret Insights - Belong 3

Abundance Insights 3

Member Matters 3

Holiday Closing Times 3

Committee Matters 3

Mercury Retrogrades – Windows for Healing 4

COMMITTEE 2015 -16..... 5

Qualified Supervisors 5

Affiliated Members 5

Birthdays..... 5

Networking..... 6

Websites..... 6

Future Events 6

College Directory 6

FROM THE
Editor

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

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

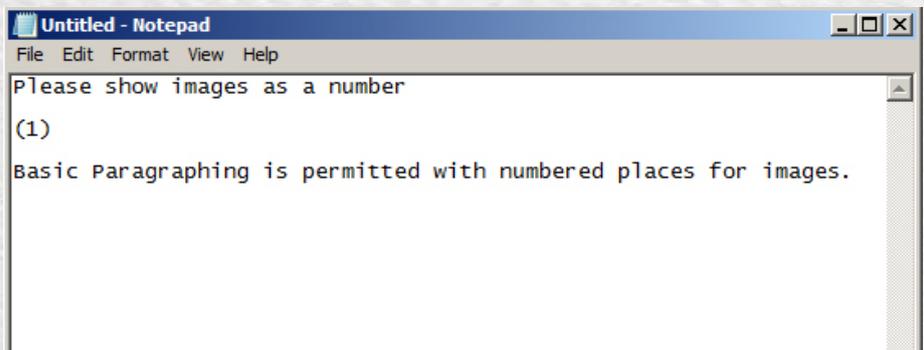
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

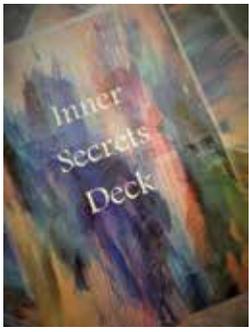
All images must be submitted individually named with corresponding numbers.

Article Length Maximum
500-1000 words

- Editor

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





INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to Belong

The festive season is upon us and while advertising and media promote the glory of family coming together many experience this time of year with sorrow and anguish. The need to belong is innate and tribal. Thousands of years ago, if we didn't belong to our tribe we wouldn't survive. Even as a baby, we knew if we weren't taken care of we would die. Our fear of being alone can be a niggling anxiety or a paralysing obsession. This is a powerful need that drives us to seek ways to prove we belong to someone or something. We can belong to a single person, a family, a friendship group, a work team, a sporting club, a community, our pets, or God (spirit). Belonging

is tainted with rules of right and wrong. A sense of being judged ensues and too often we are left feeling like we are not good enough. This year let it go. It is all an illusion. Our Soul only knows itself as enough. Everything else is perception – filtered through our amygdala; the gland best described as connecting us with the human experience.

ABUNDANCE INSIGHTS BY BELINDA HARBER

Christmas is a time of celebration of birth. In the case of holistic practitioners, it is a reminder of our rebirth. The key question to ask ourselves at this time of the year is "what do I want to celebrate, an abundance of love or fear?" An abundance of self-love brings peace and joy to the world.

When we are faced with choices this holiday season know that the most abundant choice is the one which is most self-loving. Sometimes this means that we have to take a siesta from those people, places and conditions that we know lack love and give ourselves a well-deserved break. Stepping away from that which no longer serves allows us to experience the possibility of serving a greater good. This greater good acknowledges that there is no need to belong to restrictive circumstance or prove ourselves because we are already abundant with, and at one with, a great love if we choose to recognise it.

Wishing you all holiday blessings of abundance and prosperity now and in all direction of space and time.

MEMBER MATTERS

Would you like to join with the AHCA to promote yourself and the organisation at the Caulfield Psychic & Wellbeing Expo March 5 & 6 2015?

The idea is this - the organisation and participating members share the \$1400 cost of the stand, and members and committee are rostered on per the 2 days, so no-one becomes too exhausted. Members can bring promotional material and offer taster sessions to the public and can keep any moneys they charge for these.

(The idea of promoting the association and members at events such as these were discussed at our Strategic Planning Day and we wanted to gauge the level of interest with this event.)

If you are at all interested please contact Karen ASAP to discuss the possibilities further - admin@ahca.org or 0477 274 604.

Our Office will be closed from 23rd December until the 5th January

COMMITTEE MATTERS

Thank you *Jayne Boyle*, who has stepped up to become our Vice President and has joined the Education Committee, which reviews membership applications and course accreditation applications.

The committee has also passed a motion to allow Non-Practicing and Associate Members to serve on the AHCA Committee of Management. We hope this will allow us to recruit members with specialist skills (Associate Members) AND make use of the experience of members who may not currently be practicing but may have time to take on a stewardship role (Non-Practicing Members). Members from these categories are still prohibited from serving on the Executive.

Mercury Retrogrades – Windows for Healing

It's not commonly known that Mercury, the messenger archetype and its symbolism, reveals a lot about the body and health. More often than not, the planet Mercury is known for the three times each year it goes retrograde and the uncanny correlation of systems going a bit haywire during those times. I often have clients say things like, 'My car's broken down, I've lost my mobile phone and my partner's lost his wallet – has Mercury gone retrograde in my chart?'

Yet there's more to Mercury than the trickster energy often associated with him. Wearing a winged-helmet and winged-sandals plus holding a winged staff with two snakes entwined upon it (the 'caduceus', symbolic of the healing profession), Mercury can travel across all realms. He was the only god able to travel into and out of the underworld at will. His winged accessories represent the flight of information across all levels of being.

From a health perspective, the wings at Mercury's head and feet show the importance of these 'above' and 'below' points, and the caduceus shows the importance of the spine distributing information body wide through its nerve plexuses and chakras etc. In mythology, Mercury had a prime role as messenger between the gods of the sky ('above'/head/thoughts) and the gods of the underworld ('below'/feet/feelings).

It's of course wonderful when the messaging systems in the body function seamlessly, with data flowing easefully across all systems (e.g. nervous system, endocrine system, lymphatic system); but when something starts to glitch there might be a block or build up of energy. When we stop to contemplate or meditate on the 'traffic systems' within the body-mind-aura, we contact our own inner wisdom to communicate between the 'gods' of our own minds/upper chakras and the 'gods' of our own feelings/lower chakras, just as if we have put on Mercury's winged helmet and winged sandals and activated our own inner caduceus.

When the body creates a symptom, it's as if Mercury is knocking on the door delivering mail. As healers, we know that body symptoms contain messages and we support clients to connect with their body wisdom to discover the meaning. A symptom from one part of the body might be carrying a message from another part. Inner, outer, upper and lower are all interconnected. Once we really stop to be with a symptom, we can start to trace its pattern.

If we have a regular practice with this, as those of us in the healing professions most likely do, we're generally well-resourced for the three times a year Mercury goes retrograde – i.e. we have techniques to clear the mind and calm the emotions when things go a bit haywire, so we can get our information systems running in good flow, up and down the spine represented by the staff of healing.

It's interesting how it's a messenger god who holds the caduceus, not one of the gods known for healing. This seems to indicate that keeping the information systems running well in our bodies is a key to good health and wellbeing.

Mercury will be retrograde slightly more than three times in 2016. Mercury is always retrograde for three weeks each time. During these periods, things tend to glitch in the 'outer world' of emails, smart phones, public transport, post, computers etc, almost as if 'the gods' have decided to press pause on our external happenings so that we become more internal. It's a time to visit 'the underworld' or the world of 'feet' – and what do we have on our feet? Soles (soul) of course.

Mercury Retrogrades offer 'soul time' when life slows us down so we can review and reflect and be with different kinds of thoughts and feelings than usual. These can be great times for deeper client work and help with getting to the bottom of health conundrums.

Mercury Retrograde Dates 2016

6 January to 26 January

29 April to 22 May

30 August to 22 September

19 December to 8 January 2017

Michelle Proctor
www.radiantliving.com.au

COMMITTEE 2015-16

PRESIDENT: *Jim Fraser*

VICE PRESIDENT: *Jayne Boyle*

SECRETARY: *Leonie Blackwell*

TREASURER: *Belinda Harber*

ADMINISTRATOR: *Karen Howard*

GENERAL COMMITTEE: *Helen Bramley Jackson, 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

December January Birthdays

Happy birthday to the following members

Craig Anderson
Leonie Blackwell
Holibeth Cubbitt
Rosanna
Francesca
Eve Francis

Carol Haerse
Cristina Havlin
Lynne Hogan
Tammy Jones
Katia Krassas
Angela Li

Enza Magro
Fiona McCammon
Kate McKnight
Clarisse Nancy
Tina Pieri
Wendy Saini

Miyuki Sasaki
Lisa Sinclair
Kerry Talbot

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

Bio Balance Outreach Forum

Sunday 20 March 2016

Bio-Balance Health Australia

<http://www.biobalance.org.au/>

The Digital Health Show

1-3 April 2016

Hordern Pavillion & Royal Hall of industries, Sydney

<http://www.digitalhealthshow.com.au/>

Early bird specials end 18th December 2015

Mindd International Forum

20-22 May 2016 Sydney

<http://mindd.org/mif16/>

Book now for Early Bird Discounts

AIMA conference

2 - 4 September 2016

Australian Technology Park - Sydney

www.aima.net.au

Managing Older People with Diabetes: Sharing Wisdom

Friday 4th March 2016, Geelong Conference Centre

Speakers: Professor Alan Sinclair & Maggie Beer

For more information please contact Susan Streat

E: susandab@barwonhealth.org.au

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

<http://www.dementiaconference.com/>

College DIRECTORY

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Final thought for the month

"May all beings everywhere be happy, peaceful, and free." - Buddha