



February 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*

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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

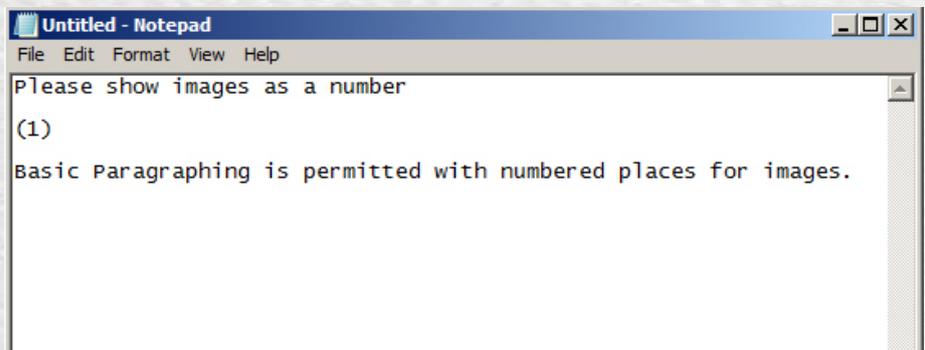
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

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





INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to Matter

It is our capacity to feel emotions, analyse them, and transform them that separates us from the rest of the animal kingdom. We are yet to live in a generation with the skills to effectively and productively manage our emotional life but all of us are members of the healing community doing our part to create this as a reality. The questions that plague many people are: Do I matter? Am I significant? We need to feel like our existence on earth is valuable, important, and significant. We look for our significance in how others treat us. We seek reassurance from those we love and want approval from. In a gluttonous society where food, alcohol, and shopping centres are available

to consume our fears in, we distract ourselves from connecting into our inner truth that we do matter simply because we exist. We have to matter to ourselves; to feel significant within ourselves. We must honour our emotional feelings, practice mindfulness, and use our energy in a wise and balanced manner. This is how we demonstrate that we respect ourselves and we will role model to others that we matter in this world.

ABUNDANCE INSIGHTS BY BELINDA HARBER

It's a new year and usually something that businesses and practitioners contemplate is increasing the price of their services. Often I hear people talk about encouraging a price increase by saying "you are worth more than that, you should be charging more for your services". Yet, understand that your worth is independent of money, and your worth has nothing to do with what you do.

Your worth is set by your Creator, and is inherently who you are. Your worth has no attachment to anything in the external world. That all being said, on what basis can you charge for your service. Practical methods include setting their fees based on time, others per sessions, and others based on perceived value. Sometimes a session may be gifted for no charge. Your price is best being based on what makes you feel good.

Once a frame of reference has to be inserted to justify the fees to anyone, the ego is at work, attempting to undermine your good feeling place. Work with your intuition on making such fee-based decisions and allow blessings to flow through to your practice.

MEMBER MATTERS

As you know, all Full and Certificate members of the AHHCA are required to complete at least 30 hours of professional development per annum. Because we have had some feedback from rural members that this can be hard for them to complete we are thinking of holding a PD Day in regional Victoria this year.

If you are at all interested in attending in a PD Day in your area (or running a workshop for it) please contact Karen ASAP to discuss the possibilities further - admin@ahhca.org or 0477 274 604.

P.S. We will not be proceeding with a stand at the Caulfield Psychic & Wellbeing Expo in March, as we had no expressions of interest from members.

COMMITTEE MATTERS

The Committee is moving to having their monthly meetings via Skype!

Yes we are upgrading our technology (and saving some costs) and are switching from a telephone conference hosting system to having video conference calls via Skype, so we can see each other (mostly) as we talk - how does it get any better?!

Our meetings are in the evening on the first Tuesday of the month, so if you are interested in joining us please contact the administrator with your Skype name and we will organise for you to connect in with us.

If you have at all considered joining the committee this could be a good way to check out what might be involved. We would love to have you join us.

Curiosity

What do you want in life?
What is it that you want right now?

In life we spend a lot of time wishing for things to happen, wishing for things to be different. We crave a new, fresh and better experience. Because this often arises from a discontent or unhappiness with where we are now, whatever we think we want will be the opposite of that.

So with our mental energy we create images and thoughts of what we DO want, trying to get away from what we DON'T want. In an effort to make the experience of what we do want as real as possible we focus HARD... and create a lot of detail.

Some of us spend so much time in this space that we end up living in this world of thought, imagination and fantasy. And the disappointing thing about this is, that it isn't real and therefore never satisfies for longer than we can keep it active in our minds; we can never relax. To relax is to fall back into that place where we don't want to be. So how CAN we make change happen? How can we create a life that is satisfying? How can we relax where

we are? Obviously there are many ways to go and techniques to use...

However, one that I would like to share with you is the technique of curiosity. Curiosity asks a question and then expects an answer. Asking the question with a genuine curiosity first of all acknowledges that you don't yet know the answer but that you are open to it. To keep wide open to the answer, you let go of trying to answer it with your thoughts or imagination. These will merely try and focus and find and imagine something in your head; which is never the real answer and can't give you the satisfaction of a real experience.

Do though... expect the answer in your life. When you open up to the possibility of the answer you widen your span of attention, instead of focussing it narrowly which constricts the possibilities of experience. Widening your span of attention creates a larger awareness and allows you to observe what is happening in your life.

Here are some questions you could ask yourself:

How do I experience happiness? Show me....

How do I experience self-acceptance? Show me....

How do I experience a wonderful relationship? Show me....

How do I express motherhood as I would most want and like to? Show me....

How do I most creatively and satisfyingly express myself in my career? Show me....

How do I best/most lovingly extricate myself from this situation/job/relationship? Show me....

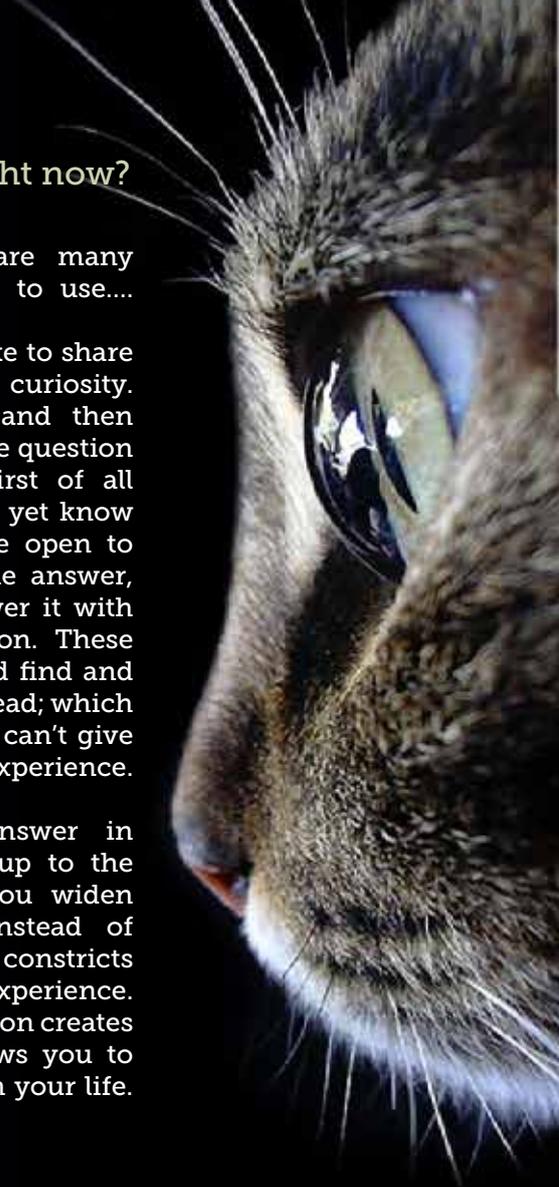
What is it for me, to experience self-empowerment? Show me....

The question is important and it is a good idea to dig deeper behind the superficial wants and don't wants to find the real quest beneath. THIS is where mental effort definitely has a place; to figure out the right question, ask it and then let it go! You've asked the question and life WILL answer it. So keep your mind, gaze and heart wide open for the answer.

You know when this is so, because your eyes will be soft and relaxed, your frown will melt and your shoulders and back relaxed. If there is tension in your head or eyes or shoulders, you can assume that you are trying to use your mind to focus. So come back to curiosity, open up your experience by softening the body.

Be curious!! Be alert to new thoughts, new perceptions, realisations and new ideas that pop into your mind!!

Margot Broug
Holistic & Creative Psychotherapy
0418 992 166



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

February Birthdays

Happy birthday to the following members

Sarah Brooks
Virginia D'Cruz
Sharon Fletcher
Sandra Gray
Narelle Kelly

David Kliese
Adriana Lazos
Mary Malady
Elizabeth Moxey

Frances Myshell
Frank Pizzoferrato
Gayle Powell
Michelle Proctor

Judy Anne Taylor
Kerrie Wilson

FUTURE EVENTS

CCAA PD (QLD) - Supporting Victims of Crime

Feb 18th 7.30pm to 9pm

Christian Heritage College 322 Wecker Road, Mansfield, QLD

http://www.ccaa.net.au/index.php?option=com_eventbooking&view=category&id=2&Itemid=166

Australian Health Care Week Expo

Tues 15th March to Thurs 17th March

Australian Technology Park, Sydney

For a Free Expo pass click on

http://expo.austhealthweek.com.au/redforms.aspx?eventid=1002757&id=389080&formid=14&frmtype=1&m=54994&frmbyypass=false&mloc=u&sponsoropt=fal&isform=true&utm_source=external%20email&utm_medium=externalmail&utm_campaign=-external-externalmail&utm_term=expo&utm_content=text&mac=26950.001ageingagenda&disc=26950.001ageingagenda

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

Solution Focused Therapy

NSW 17 & 18 March

Adelaide 23 & 24 May

<http://www.briefsolutions.com.au/btis/courses/intro.html>

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/>

Nutrition in Medicine and Healthcare

30 April - 1 May 2016

Sydney

<https://nutritionmedicine.org.au/>

Oncology Massage Training - Sydney

Lymph Drainage Therapy 1 & 2

7-10 & 12-15 May 2016

<https://chikly.com.au/courses/>

Mindd International Forum

20-22 May 2016 Sydney

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

Book now for Early Bird Discounts

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

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

AIMA conference

2 - 4 September 2016

Australian Technology Park - Sydney

www.aima.net.au



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

College DIRECTORY

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Final thought for the month

"Every morning when I wake up, I experience an exquisite joy."

Salvidore Dali