



# *July* Informer

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*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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Is Karen Howard  
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FROM THE  
**Editor**

Please send all submissions to the administrator [admin@ahhca.org](mailto:admin@ahhca.org).  
Article Submission guidelines are below.

Regards *Karen Howard*

## ARTICLE SUBMISSION GUIDELINES

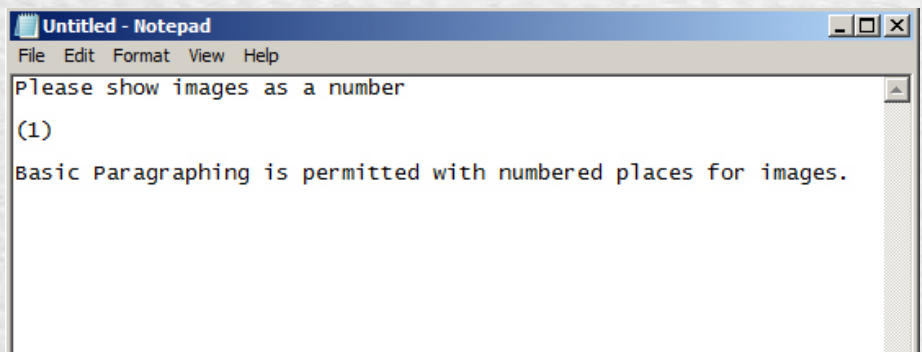
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

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](mailto:admin@ahhca.org)**



## INNER SECRET INSIGHTS BY LEONIE BLACKWELL

### Your Inner Secret Need is to be Competent

Descartes may have said 'I think therefore I am' but much of our daily life is about what we do. Our self-esteem is about how well we do things. Whatever it is we do, we want to do well. Our inner secret need to be competent pops up in every aspect of our lives. Mothers want to raise their children well. Dad's want to be good guides and loving fathers too. Workers want to get their tasks right. As professionals we want to serve our clients capably. Our fear of being inadequate, as if we lack the skills, knowledge, or ability to influence or change some aspect of our life, destroys our confidence.

We often feel judged by others or we judge ourselves harshly. The self-help industry is based around identifying where people lack skills, knowledge or abilities, offering to solve them in three easy steps. Real life takes a little more than just three steps. But the idea of breaking down the learning of any competency into a step-by-step process is not only beneficial but productive for anyone – us and our clients. Gaining confidence at each step along the way builds on our success and our willingness to keep growing and learning and that is the business holistic healers are in your universe deliver your new reality back to you.

## MEMBER MATTERS

Membership renewals are now due for the period 1 July 2016 to 30 June 2017.

The following items are required from Associate Members and Non-Practising Members:

- \* completed renewal form (we need to keep updated on your contact details)
- \* payment of \$50 fee

The following items are required from Certificate Members and Full Members:

- \* completed renewal form (we need to keep updated on your contact & practice details)
- \* payment of \$110 fee
- \* details of your 30 hours professional development
- \* your insurance Certificate of Currency

Please contact me if you need to discuss your professional development via phone (0477 274 604) or email (admin@ahhca.org).

If you are having trouble coming up with PD hours I would encourage you to submit an article for the newsletter! Anything that would be of interest to holistic practitioners is most welcome.

## COMMITTEE MATTERS

Once again our President, Tim Fraser, will be representing us at the AIMA (Australasian Integrative Medicine Association) conference in early September. We have the opportunity of promoting the association by putting things into the "show bags" that are handed out to all participants.

In previous years we have put a calendar in the show bag (members were also sent one) and last year we also gave colleges the option of including information about themselves on an accompanying flyer, for a small fee.

This year we have decided to change our tack from calendars to fridge magnets, and wanted to offer the possibility of putting together a more extensive handout advertising colleges and/or member services. If you are interested in being involved in this please contact Karen via admin@ahhca.org.

Currently our Treasurer, Belinda Harber is seriously ill. The Committee would like to invite all Healers to send her and her family energy/prayers/healing at this time. Thank you.

# SCORPIO'S POTENTIAL FOR PROFOUND REBIRTH THROUGHOUT 2016

A great number of people who've come to see me this year have been dealing with such deep wounds rising to the surface, they've found themselves falling into the worst of some of their unhealthy patterns. Some go on to have tremendous breakthroughs, but others get more trapped in the agonies of the soul. In terms of prevailing energies, this fits this year's major Scorpio emphasis.

Often the wisdom of Scorpio takes a person deeper into what looks like destructive negativity, but instead they might be journeying bravely to the bottom of their wound to find the missing key that unlocks their greatest future. Confrontation with intense fear or intense lust for authentic living can set free powerful reservoirs of inner strength, never experienced before, and this is the gift of Scorpio.

Many have felt stuck or have been craving more gutsy living since January when Mars moved into Scorpio. Mars spent from 4 January to 6 March in Scorpio, then had some respite for a couple of months but turned retrograde and headed back into Scorpio on 27 May where it will stay until 3 August. This planet of desire, personal will and action, has not been able to move forward in the usual way this year, but will finally get its freedom later on in August when it picks up speed.

Mars is usually the part of the self very keen on running away from emotion, but when Mars is in Scorpio, globally everyone's inner hero has been given the mission to sit with deep waters within, including grief and deep aching longings. When we shift

the grief and plug into the passions, the Mars energy while in Scorpio is unstoppable. We can use the drive and desire of Mars to focus our life force to break through the impossible.

To add to the Scorpio intensity, the Black Moon also entered Scorpio on 22 May where she will stay until February 2017. The Black Moon is the 'empty' focal point in the Moon's orbit around the Earth, describing parts of the self we might not see or be aware of, but which are powerful and present anyway. The ancient goddess Lilith is connected with this point, so much so, it's generally called Black Moon Lilith.

Lilith stands for authenticity in ways that no force can counter. She stood up to both Adam and God in ancient mythology, left them to their power-games (this was the old 'God of punishment'), then after biding her time, slipped back into the Garden of Eden to wake Eve up to her full potential. This process unleashed her inner power and incredible strength.

With Black Moon Lilith now in the same zodiac sign as Mars, it's as if she's saying 'look very carefully at your energy... what raises your energy, what depletes it?' Lilith doesn't care for 'false energy'. Lilith cares for real energy from the pit of the belly, from the flame within, from the core of the heart and soul. Helping clients release false ways of 'getting energy' and to go as deep as they can to find their core needs can

bring healing transformations at this time. Some situations have such deep soul history they require more effort and time to sort out than others, including releasing suppressed past experiences of shame, guilt, rage and power games, especially over intimacy or money difficulties, and often through deepest closest relationships and feelings of loss, abandonment or betrayal.

With both Mars and the Black Moon Lilith in Scorpio we are being invited and challenged to get to our core needs. This of course brings a great opportunity to shift negative subconscious beliefs, and when we step onto erupting landmines of feelings of defeat, failure or hopelessness, we know we have the perfect opportunity to go deeper to find the old shards or bones of trauma and the old stories they boom out, and find ways to turn these around.

As counsellors and healers, we have many resources to turn to, including ways to hold intense emotion for clients when the banks of old trauma burst free, without impeding this flow until it's complete. The 'old tape' or old story has to be heard and reach its ending before the new 'self talk' into the subconscious can truly be effective. This is the essence of Scorpio.



## **CoreEvolution - Integrate Your Past • Be In The Present • Shape Your Future**

Core Evolution is a body-oriented psychotherapeutic and mindfulness based process of healing and therapy that enables true integration of the past, presence in the now and choice to shape our future. It opens up the flow of aliveness and grounding of the authentic self.

For the last three years I have been experiencing amazing change with this Body-Oriented Psychotherapy and Mindfulness-Based Training with Siegmar Gerken PhD who is a gifted and experienced teacher and psychotherapist and a wonderfully authentic human being!

### **Here are some of the different aspects of Core Evolution:**

**Core Evolution addresses all of who you are** - the qualities and unique potential that is you. By uncovering these qualities and uniqueness you will find within you, a natural capacity for love, goodness, creativity and self-healing. Core Evolution shows practical ways in which you can use this unique potential and capacity to move towards self-realization in all aspects of your life.

**Somatic Awareness and the Practice of Mindfulness** Through Sensory Awareness and Mindful Practice In Being, our history becomes visible. We experience, feel, see and understand energy patterns and their expressions in your body, emotions and thinking. You will learn to access these patterns to successfully change them if needed, while also meeting and nourishing their underlying needs.

**Foundation of Grounding** Core Evolution connects you to your aliveness and to all existence- inviting you to express from your true self!

**The Body-Field:** The Energetic Dimensions of an Integrative, Humanistic, Transpersonal and Somatic Psychology In Core Evolution, the term body addresses the body in its energetic field. Our own research with Infrared Analysis and Biophotonics suggests that we hold images of our experiences as representations in the consciousness of our Body-Field. Learn about the far-reaching implications these may have for any therapeutic approach.

**Repression of Expression can cause Depression™** What is your personal dynamic that can not be expressed and lived? With what consequences for your life?

Insight into these processes empowers you to reconnect with your creative potential and expression.

**Dealing with Difficult Feelings** Learn how to work with strong emotions like: loneliness, sadness, anger, abandonment, anxiety, rage etc. Straight-forward principles of breath and movement can change disturbing patterns in a safe and sustaining way, to re-align you with your aliveness. The experience of choice this gives you will increase your joy and love for life.

**Shifting of Traumatic Experiences** The fabric of our lives is interwoven with painful experiences that have shaped us and continually determine how we are in the world. In safely accessing your unique resources and potential, you can learn to shift the impact of traumatic experiences.

**The Wild-Heart Meditation™** - CoreDance: Moving Energy and Consciousness A dynamic exploration celebrating aliveness. Experience this joy-filled, transformative process of inner and outer movement, including dance, authentic movement, creative expression, communication, meditation and more!

Siegmar's integrative style meets the beginner on the conscious path as well as the professional therapist. He will be running a 2 day workshop in Newcastle this September and start another training in Feb 2017 also in Newcastle. For more information please click on the following link: <http://www.margotbroug.com.au/documents/CoreEvolutionSept16.pdf>

**Contact Margot Broug Holistic Counsellor:  
mob 0418 992 166 email: margotbroug@gmail.com**

# THE FUTURE OF NATURAL THERAPIES IS UNDER ATTACK.

## A REAL THREAT TO THE FUTURE OF HOLISTIC HEALING

It's only a few days before we go to the polls and this year your Senate vote couldn't be more important.

### **The future of natural therapies is under attack.**

Many of you may have heard or read that the Labour Party have announced they will axe the governments funding to private health funds covering natural therapies. The Greens are in support of this policy and since the report that the major political parties are basing this decision on was requested by the current Liberal Party they too are going to implement its finding.

Who you vote for in the House of Representatives will make no difference to the security of healthcare options after July 3.

### **But your vote in the Senate does matter.**

The Health Australia Party is the only political party supporting your rights to choose your health practitioner but more importantly your right to work.

What can you do to help secure your profession?

- Join the Health Australia Party. If you are already a member of a political party you can join as a friend of HAP.
- Make a donation to help pay for the costs of running a federal campaign. They are all volunteers and there are no paid staff at the HAP. Every dollars goes directly into giving natural therapies a voice.
- Like their Facebook page. Follow their posts and share them with friends.
- Download the how to vote card from their website and take it with you on Saturday.

Website: [www.healthaustraliaparty.com.au](http://www.healthaustraliaparty.com.au)

Membership fee: \$20 per annum

Donate: Whatever you can, it all helps

Facebook: [www.facebook.com/HealthAustraliaParty](http://www.facebook.com/HealthAustraliaParty)

States where the HAP have Senate representatives: Victoria, New South Wales, Western Australia and Queensland



### **Would you like to know more?**

Where has the attack on natural therapies come from?

It starts with Friends of Science. They are the 'mothership' and they began by questioning climate change and lobbying politicians to not sign or support Kyoto agreement. From there Friends of Science in Medicine was created to focus on healthcare in Australia. Check out their website and you will find the language that is being touted around now by politicians.

### **Why are we under threat?**

The National Health and Medical Research Council report found that there was no scientific support for 17 complementary health modalities including: Alexander Technique; Aromatherapy; Ayurveda; Bowen Therapy; Buteyko; Feldenkrais; Herbalism/Western Herbalism; Homeopathy; Iridology; Kinesiology; Massage therapy including: Deep Tissue, Lymphatic Drainage, Myofascial Release, Myotherapy, Remedial Shiatsu, Sports Therapy, Swedish, Thai, Therapeutic; Naturopathy; Pilates; Reflexology; Rolfing; Tai Chi; and Yoga.

The future is unclear as to what the long term impact will be but every Association related to these modalities are rallying to dispute the council's findings. These were the first round of complementary modalities to be reviewed. There are still more to come.

Talk to your local member and express your concern. But above all else please consider who you vote for in the Senate on Saturday! It really does matter.

# 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

*Helen Bramley Jackson – Phone: 03 5447 9331 or Email: helenlbj1944@gmail.com - Available for Skype Sessions*

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*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*

## June Birthdays

*Happy birthday  
to the following  
members*

Tracey Cockerton  
Denise Haffenden  
Katrina Jackson

Meena Krishnan  
Monica Martinez  
Rebecca Webley-Jansen

# FUTURE EVENTS

## **CCAA Qld - Burnout: The protective effects of Mindfulness**

14 July 2016, Christian Heritage College, Mansfield  
[http://www.ccaa.net.au/index.php?option=com\\_eventbooking&view=event&id=137&catid=2&Itemid=166](http://www.ccaa.net.au/index.php?option=com_eventbooking&view=event&id=137&catid=2&Itemid=166)

## **Active Aging Conference**

4 August 2016, Sydney  
<http://activeageingconference.com.au/>

## **AHHCA Integrative Mental Health Seminar - QLD**

August 6th & 7th 2016  
Albert Waterways Community Centre, Surfers Paradise, Gold Coast.  
Cost 2 days: Members \$130 Non-Member \$160  
Cost 1 day: Members \$75 Non-Member \$95  
[www.ahhca.org/events.php](http://www.ahhca.org/events.php)

For Australian Counselling Association approved PD events go to their calendar [www.theaca.net.au/opdevents.php](http://www.theaca.net.au/opdevents.php)

## **Transformation Through Relationship: The Heart & Soul of Therapy**

Joint PACFA, CCAA, SCAPE & APECA conference  
9-11 Sept Melbourne  
<http://www.australiantherapyconferences.org.au/>

## **AHHCA Seminar - Victoria**

Sunday September 25th 2016  
Crusoeden Body P/L, 76 Church Street, Kangaroo Flat.  
Cost: Members \$50 and non-members \$75. Tea and coffee and light lunch included.

## **Active Aging Conference**

4 August 2016, Sydney  
<http://activeageingconference.com.au/>

## **AIMA/CMA Symposium 2016**

3 - 4 September  
Australia Technology Park Sydney  
<https://www.aima.net.au/events/5/>

## **CCAA Vic - Psychotropic Medications in Counselling**

October 22 Stirling College, Mulgrave  
[http://www.ccaa.net.au/index.php?option=com\\_eventbooking&view=category&id=9&Itemid=167](http://www.ccaa.net.au/index.php?option=com_eventbooking&view=category&id=9&Itemid=167)

## **Oncology Massage Ltd Conference**

27 to 29 October 2016 Canberra  
<https://www.registernow.com.au/secure/Register.aspx?E=18341>



Siegmund Gerken, Ph.D. in Newcastle, NSW !

## **2 Day Workshop:**

## **Embody Your Soul and Live The Will Of Your Heart™**

September 10 - 11, 2016

**Integrate Your Past**

**Be in The Present**

**Shape Your Future**

*Grab this unique opportunity to participate in this Core Evolution Workshop! Having trained with Siegmund and experienced first hand the life-changing potential of his work and his presence I enthusiastically and sincerely recommend this 2 day workshop... whether you are interested for your self; professionally or both!! For more info click here: [www.margotbroug.com.au/documents/CoreEvolutionSept16.pdf](http://www.margotbroug.com.au/documents/CoreEvolutionSept16.pdf)*



## 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](http://www.heartsinhealthcare.com)

### Australian Industry Training Association

[www.aitd.com.au](http://www.aitd.com.au)

### Australian Hypnotherapy Association

[www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)

### Walter Last

[www.heal-yourself.com.au](http://www.heal-yourself.com.au)

### Strauss heart drops

[www.straussheartdrops.com](http://www.straussheartdrops.com)

### National federation of healers

[jenny@nfh.org.au](mailto:jenny@nfh.org.au)

### Magnetic Healers Unlimited

[www.magnetichealers.org.nz](http://www.magnetichealers.org.nz)

[kathyaauric@actrix.co.nz](mailto:kathyaauric@actrix.co.nz)

### Cancer support organisation

[www.ucansurvive.org](http://www.ucansurvive.org)

### White Eagle Healing Centre

[www.whiteeaglelodge.org.au](http://www.whiteeaglelodge.org.au)

### Australia Counselling association

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

### The Healing Forum

[www.thehealingforum.com](http://www.thehealingforum.com)

### Caledonian Colour

PRINT | SIGNS | DESIGN

[www.caledoniancolour.com](http://www.caledoniancolour.com)

## College DIRECTORY

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### *Diane Collett - Angelic presence*

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