



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.

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

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

- Editor

MEMBER MATTERS

Happy New Year!

We hope you have set some great business targets for this year, and have reflected on what you could add to your business (or your life) that could create great change for you in 2018.

The committee of management would love to hear from you, the members, about any issues that affect you, our industry or our nation that you would like us to focus on this year, and you are welcome to attend committee meetings (usually the first Tuesday of the month) - just contact the administrator via email admin@ahhca.org.



INNER SECRET INSIGHTS

∞ BY LEONIE BLACKWELL

Depression is a message from within that enough is enough

Depression is a common experience in today's society and many people are trapped by the limiting beliefs created by a pharmaceutical paradigm. Shifting perspectives about depression is often the first step.

I have defined depression, and discussed it with clients for years, as a combination of any or all of the following:

- Discouragement
- Sadness
- Anger
- Loneliness
- Lack of direction
- Physical, emotional & mental exhaustion
- Physical, emotional & mental pain
- Despair
- Doubt
- Inability to accept what's happening in one's life
- Inability to let go or holding on to what is no longer relevant
- Times of great change
- Feeling out of control
- Frustration
- Insecurity
- Emptiness
- Overwhelm
- Guilt
- Worthlessness
- Grief
- Loss
- Isolation
- Lack of purpose in life



Depression is an emotion and like all emotions can be used to guide us towards a solution, greater clarity about our life and our limits as well as empowering us with greater self-awareness. Depression is a message that enough is enough.

There are some fantastic flower essences to help with alleviating depression:

Gorse: When we think 'What's the use?' and feel like giving up because everything seems bigger than we can handle, which is the very basis of depression Gorse is the essence. It helps restore hope for a solution or resolution.

Mustard: This is for the kind of depression that comes and goes and we can't identify why it comes or what makes it go away. It feels like a black cloud descends upon us and then lifts of its own accord. Taking Mustard eliminates the depression bringing calm and faith into our life.

Gentian: This helps the personality that sees the cup as half empty or feels cynical about anything working out, ever! While we won't become ridiculously optimistic a greater balance and acceptance of reality can be achieved.

Sweet Chestnut: When we feel at the end of our tether and just can't take another thing, pressure, demand, or request because we are sure we'll break we need Bach's Sweet Chestnut. It quickly lifts overwhelm so life feels manageable again.

Wild Oat: We all need to have a sense of purpose in our lives and when we don't there is a kind of depression that consumes us. Wild Oat helps people who aren't sure what they are meant to do, or have so many talents and skills that they get bored doing one thing leading us to keep looking for greater meaning and purpose in our lives. Greater understanding of this process helps us connect to our purpose with acceptance.

Scotchbroom: I teach this as the 'Greenpeace-Greenie-Humanitarian worker who falls into depression' essence. The reason being is it helps a certain kind of depression – the one that comes from feeling overwhelmed and powerless to impact or change the state of the world or world events. It comes up for people more when tragic events occur in the world. It helps us keep things in perspective and acknowledge our power to influence what we can influence.

Borage: This helps with a heavy heart that feels de-pressed. It brings a lightness and buoyancy back into our lives.

Bleeding Heart: As the name says it's for the broken heart that is bleeding pain and sorrow for a lost, loved one and it goes really well with Borage. The healing comes through a mending of the broken feeling, which enables us to remember our loved one with joy.

Hackberry: Sometimes we don't get to grieve at the time of someone we love passes and then it just seems too hard to grieve later. Hackberry helps us give ourselves permission to feel our loss and begin to process it.

Wolfberry: When grieving feels too painful and so we avoid it Wolfberry gives us the perspective and strength to face our loss and honour our feelings by embracing them allowing for healing.

Have you felt depressed and overcome it? What worked for you?



Heart activation and cord clearing

Cords are an energetic connection that we have with anyone we have related with, the more intense the relating the stronger the cord connection. Some cords are appropriate some are not, if we are not vigilant we can be taking on stuff that is not ours and not supportive. We can not clear what is not ours, so we can be committed to self care and nurture, working on ourselves yet potentially trying to heal and clear something that belongs to someone else and not feeling that we are getting anywhere. By being vigilant with cord clearing we release all connections that are lower than unconditional love, all un-conditionally loving and supportive cords remain; by trusting the process and allowing only love into our sphere we enhance the relating with another and respect ourselves and others by maintaining clear healthy connections.

The more we practice this, the more our awareness builds and we notice the subtle nuances, we will begin to notice what is ours and what is not. We may notice that we feel overwhelmed, and we can check if it is actually us or someone else's energy and bad hair day that we are taking on, which depletes our energy resources. By running a simple cord clearing we feel more like ourselves, energised and able to move forward and clearly access the most appropriate choice in the moment. We will feel more stable and have greater clarity and awareness.

If we have an issue with someone, if we are holding on in any way by wanting something from someone, or not forgiving and letting go, then we will be challenged to fully clear or cut the cords between ourselves and another. By running through the cord clearing exercise we will be able to return any energy that is not of the unconditional love bandwidth, creating some space within us to access some clarity, of what dynamic is running, what is ours and what is theirs. From this point we can heal and release this sticking point, fully letting the energy go, creating space in our life for new and more wondrous experiences to manifest.

It is important to note that cord clearing is not a one off experience; these cords can be reconnected by a thought from us or another, so it is important that this becomes part of our daily self care and nurture routine, which will eventually become as natural to us as brushing our teeth.

Some questions to ponder throughout the month

- How is cord-clearing/clearing affecting you and your relationships?
- What are you noticing in your interactions with others that you didn't see before?
- How is this cord clearing and cleansing increasing your awareness of your auric field?

Daily Cord Clearing Process

It is good to run this process first thing in the morning and last thing at night and any time throughout the day when we suddenly feel yucky for no reason.

I now affirm my grounding cord is anchored firmly into the core of the earth. I call forth a golden bubble of light protection to encompass my entire being and I hold my mind steady in the light.

I call forth a cylinder of light to move down over my entire field for the clearing and cleansing of all inappropriate energy transfer and cords that no longer serve myself and others, all that is not in of and for love. All energy which is not of me, which is not of love is returned to its original source with unconditional love. I set boundaries of unconditional love and above. I now affirm that all that is being cleared is instantly replaced with love.

Source is within all that is, Source is within me, Source within grow strong - thank you.

Maintaining energetic hygiene is bound to be a life changing experience. Although cord clearing is a very important aspect of energy health and safety it merely scratches the surface of a vast topic. This is a really good place to start and when we apply this simple practice diligently, the results can be felt pretty quickly. A great adjunct to this material is the energetic hygiene process.

Linda Koen
Source Centre®

EVENTS

Diploma of Transformational Holistic Counselling
with the Source Centre
starts 3 & 4 February, Perth, WA
<http://sourcecentre.net.au/source-centre-transformational-holistic-counselling-training-course/>

Freeing the Artist Within
4 February 2014, Mitcham, VIC
<http://angelicpresence.com.au/workshop/freeing-the-artist-within/>

Engaging Adolescents
5 February, Perth
<http://www.behaviourtonics.com.au/products-page/health-practitioner-courses/engaging-adolescents-practitioner-training-wembley-mon-5th-feb-2018/>

123 Magic and Emotion Coaching for Children
6 February, Perth
<http://www.behaviourtonics.com.au/products-page/health-practitioner-courses/123-magic-emotion-coaching-practitioner-training-wembley-tue-6th-feb-2018/>

ASIST: Applied Suicide Intervention Skills (Two-Day
Workshop, Sydney
8 & 9 February, Sydney
<https://www.trybooking.com/book/event?eid=304728>

Dialectical Behaviour Therapy Intensive Training
11 & 12 February 2018, Fullerton, SA
<https://www.expressivetherapyclinic.com.au/>

Certificate in Sandplay Therapy and Symbol Work
starts 15 Feb, ends June 2018, Phillip Island, Vic
<http://www.intoblue.com.au/courses.php#b>

Crystals 101 & Crystal Grids
18 February 2018, Mitcham, VIC
25 February 2018, Garfield, VIC
<http://angelicpresence.com.au/workshop/crystals-101-grids/>

Diploma of Holistic Counselling with The Awakening
Group
starts 23 February in Melbourne
starts 23 March in Brisbane
<http://www.awakening.com.au/course/diploma-of-holistic-counselling>

Dual Diagnosis Training
Alcohol & Other Drugs & Concurrent Mental Health
Issues
26 & 27 February, Gold Coast
Half price at \$145
<http://www.dualdiagnosisstraining.com.au/contact-us/>

Mindfulness and Resilience
12 March, Sydney
<http://www.tatratraining.com/mindfulness-and-resilience-best-mindfulness-based-techniques-to-bounce-back-from-stress-snap-back-to-baseline-grow-with-change/>

Bio-Balance Association Conference
16th-23rd March 2018, Melbourne
<http://www.biobalance.org.au/events>

The Work of Byron Katie
17 March, Melbourne
14 April, Brisbane
<http://www.awakening.com.au/course/the-work-of-byron-katie>

Young People & Group Work
21 & 22 March, ACT
<http://groupworksolutions.com.au/BookingRetrieve.aspx?ID=210406>

Young People & Group Work
11 & 12 April, Hobart
<http://groupworksolutions.com.au/BookingRetrieve.aspx?ID=210245>

AIMA conference
April 14-15, Auckland NZ
http://aima.ph360.me/?mc_cid=e4de67b734&mc_eid=30d5c60d50

COMMITTEE 2017 -18

PRESIDENT: Leonie Blackwell
VICE PRESIDENT: Diane Collett
SECRETARY: Karen Howard
TREASURER: Jayne Boyle
GENERAL COMMITTEE: Margaret Coad, Wendy Lauder,
Theresa Jones, Carmel Schleger,
Linda Koen, Helen Bramley Jackson



*The committee would like your support
We would like our organisation noticed by everyone, help us by displaying our
logo on your website. Please contact the office for a copy of our logo.*

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happy
BirthDay
F E B R U A R Y

CELEBRATE BEING THE AMAZING YOU!

Sarah Brooks
Marie Crawford
Virginia D'Cruz
Sandra Grey
Nacelle Kelly
David Kliese
Deearne Laracy
Adriana Lazos

Robyn McVey
Neriss Moro
Elizabeth Moxey
Frank Pizzoferrato
Gayle Powell
Michelle Proctor
Kerrie Wilson

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.strausheartdrops.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

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.

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Final Thought
FOR THE MONTH

"Every human has four endowments - self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change." Stephen Covey

