



# Holistic Heart

Heal Self—Heal Others

AUGUST 2005

**Australian Holistic Healer's Association**

www.ahha.com.au



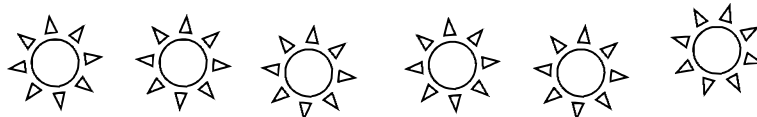
## Presidents Message

Hi already another installment and here in Victoria the blossom and the wattle are on the trees. Its coming that time of year where many of us are doing physical cleanses and emotional cleanses after the winter months. For those in warmer regions of Australia we are thinking of you as you bask in the sunshine of your beautiful mild winters. We would love to hear from members who are in more northern regions to find out what you are up to 'Holistic Healing' wise – email us with any interesting snippets, news or your professional profile.

Regarding insurance for members as you are aware the insurance companies the AHHA refers members to are AON and OAMPS. For those who have Hypnotherapy listed as a modality as part of a Holistic Healing package OAMPS are not currently insuring hypnotherapy but AON is.

You will need to belong to a peak body association for this modality, the benefit of listing this as one of your three modalities means you can get the credibility that comes with the AHHA for your other 2 modalities if you only have three to list that meet the criteria. You can also get insurance cover for your other two modalities with OAMPS as a holistic healing pack as long as you aware that the hypnotherapy you do will need additional cover elsewhere.

Enjoy the Spring regards Alannah Dore .



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### A Little Bit of Inspiration

*Kindness is more important than wisdom,  
and the recognition of this is the beginning of wisdom.*

Theodore Isaac

## The Calling of the Whales

I've been thinking about what to write for this article for about a week. I've read briefly about the slaughter of our whales in various newspapers and caught snippets on the television, but I find it difficult to read an article to the end because in all honesty, it sickens me to the pit of my stomach. I have an immense feeling of overwhelming anger and sadness at my fellow man for blatantly murdering these wonderful creatures.

My eyes well with tears as I visualize a picture of this beautiful mammal being taken from its calf or from its mate, forever! Take a moment to imagine how you would feel being taken from your children or partner. Devastating thought isn't it?

The whale is a spiritual being that carries our history, known in some circles as the

"keeper of the records." Why is it that we're so intent on wanting to destroy the history of where we came from and who we are? Part of me wants to understand why man would want to harm our whales. After all, I have a belief that there is a reason, so I ask myself, "What is the reason? Do you believe in the existence of a 'keeper'?" I look within into our cellular memory for the answers to our questions, are we meant to stand still for a moment in the illusion that we call earth and ask ourselves "What is it that I really want, what is my soul purpose?" Because they are the record keepers they could be



jolting us into an unexplainable reality. Is it a reminder (as healers) to look at such confronting issues as integrity and mindfulness. Perhaps questions like 'have I learnt enough?' or am 'I using my time to love?' or the really 'What does medicine want to listen .....

I felt it pertinent to include the following extract from the book "Medicine Cards" by James Sams & David Carson.

***"Whale of mighty oceans, you have seen it all. Secrets of the ages are heard within your call. Teach me how to hear your words, and how to understand, The very roots of history, of when our world began."***

**Julie Driscoll**

### **Saving the Whale—things you can do.**

Never discard used fishing line and hooks in the water. This can entangle birds, fish, turtles, seal: death of these animals.

Cut up plastic six-pac rings before recycling or disposing them in the garbage. Thousands of birds, fish, and other marine creatures die needlessly from entanglement.

Never release balloons outside as they can travel hundreds of miles and land in rivers, creeks, and oceans. Whales, dolphins and turtles can be killed by ingesting balloons mistaken for jellyfish. Educate your schools or community businesses not to participate in balloon releases. A 60 foot sperm whale washed up dead from ingesting a balloon which blocked its stomach and caused it to starve. [www.savethewhales.org/](http://www.savethewhales.org/)

Whale watching is the world's fastest growing ecotourism business, bringing in over US\$1.25 billion worldwide each year. It's truly magical. The experience is a tourist's dream. Besides being wonderful to watch, whales provide enjoyment for humans in other ways. The songs of humpback whales fill many CDs of modern and new wave music producing even more money from these marine giants



## BIO-ENERGY: ASSESSMENT & THERAPY

### Bio-energy deficiency and health problems

Lack of energy can have many causes. These may include: virus and bacterial invasions, stress and emotional disturbances, lack of sleep and other daily recovery cycles. External factors such as injury, radiation, chemo-therapy and chemical agents in foods, water and air, have a negative influence on our bodies. Only an energy-rich organism is equipped to defend itself, to repair and correct damage. Our bodies constantly replace approximately one million cells per second. A reliable monitor of a person's energy can provide an early diagnosis of energetic disturbances, which if left unchecked, can lead to functional problems and disease.

### Dis-ease

Our bodies are subjected to all kinds of emotional and physical stresses that can cause trauma. This in turn leads to bio-energy deficiency affecting the whole body, although some organs suffer more than others. Meridian Diagnostics provides space-age technology in bio-energy assessments and clinical diagnostic analysis. Research into living conditions in space was responsible for re-discovering ancient Chinese medicinal principles, leading to improved health and wellbeing in space. The stimulation of our cell organism with Pulsating Electromagnetic Energy Resonance fields, as provided by the Medec Bio-Resonance System, has proven its effectiveness in clinical application as well as in scientific research.

### Testing a person's bio-energy levels

A BioGraph test does not hurt and is not invasive. A Bio-Energy Consultant, trained in the use of the Medec BioGraph, will apply an acupuncture pen to twenty acupuncture-termination points (two located on every digit of the hands and feet) to assess the flow of currents within the meridians. Small electric currents carry information corresponding to an energy flow, already present in the body. The Medec BioGraph processes data of energy levels in all bio-systems accurately and scientifically, generating clear graphical diagnostic information. The result is equal or better than other systems presently available to doctors and therapists.

### Electro-magnetic energy fields.

Electro-magnetic energy fields are all around us. Energy fields impact on the human organism. But, while we benefit from generated electric power, there is concern about the effect of high tension wires and their relationship to leukaemia in children. Likewise, static magnets can minimise chronic pain, but they can also override a body's alarm system. Unchecked energy depletion can lead to a breakdown of the immune system leading to secondary infections.

### How then are energy fields beneficial to us?

The earth is a giant pulsating magnet. The earth's energy field measures between <math>38 \mu\text{T}</math> to approx. <math>70 \mu\text{T}</math>. The Medec BRS (Bio-Resonance System) makes use of gentle pulsating energy fields to activate different physiological processes in the body. The force fields of these pulses can only be measured correctly with high-tech instruments and are lower than the natural magnetic fields of the earth. The effect is achieved by using pulse form and pulse frequency, identical to the biological energy field of the human body (18 - 3 Hz), to create a resonant stimulation of the body's cells. Different low frequency patterns benefit important physiological processes. The effect is further enhanced by the use of Light and Sound Therapy stimulating the brain waves with the help of optic and acoustic signals.

As the brain adapts to perceptible externally-induced pulsations, Beta waves (wakening state), Alpha waves (relaxation phase), Delta waves (deep sleep) and Theta waves (dream state) are stimulated.

A choice of 28 different programs and different levels of intensities positively support relaxation, better sleep, concentration and memory. A trained BioGraph Data analyst is able to measure a person's bio-energy levels and to recommend specific programs to maximise the benefit.

The overall effect of Pulsating Energy Resonance Therapy is the stimulation of bio-energy production within the individual. Therefore, Energy Medicine essentially means to increase bio-energy to a level that allows a body to do what it is designed to do, which is, to naturally heal itself.

**Hansie Jaensch**

## Holistic Baby with Dominique

Today I am inspired to write about holistic healing and children. The fact that I am about one week away from bringing a new life into this world might have something to do with that. It is a very special time and what better time to focus on our future generation. These beautiful little beings have so much to teach the world with all their potential, their gifts, their innocence and wisdom. Healing globally means we need to guide our children in a way that is empowering for them, teaching them to understand and value all of their aspects and how to manage and nurture them. Taking time to focus on children in a holistic, loving and healing way boosts their self love and self esteem. This enables them to heal themselves through life and become the self responsible, loving individuals this world needs. And as we focus on them we also heal our own inner child. What better way to share in healing and teach through example. Giving permission not only to our children to heal and be empowered, but to all the inner children around us. Causing a ripple that starts locally, but has its effects on a global level.

There are many ways to share holistic healing with children. I would say the most important ones are universal ones. Sharing love, time, laughter, honesty and open communication. Basic and simple, but there is nothing more healing than that. That and teaching through example. Only if we have the courage to heal ourselves and make a stand to live what we believe in, will our children do the same. Luckily for us there are lots of ways we can heal ourselves these days and lots of modalities open to us that we can share with our children.



If we look at the world we can see many countries have their own modalities and their own specific way of spending healing time with their children. Some countries focus more on the physical, some on the spiritual and some on mental and emotional. If we mix and match these approaches we can create healing time that is holistic and suited to our children's individual needs at the same time.

In India for example they spend a lot of time on the emotional and physical through massaging children from an early age. In western countries we tend to be more focussed on physical health through sports and rational health through communication. In eastern countries there is a great sharing of the spiritual through religion and emotional community and family time. We have practices such as acupuncture, reiki, natural healing, holistic parenting courses, meditation, and many, many more from all over the world that we can draw from and that are safe to share with our children.

All in all it is a great inspiration to look at the world and learn from every culture about sharing healing time with children. Creating together a holistic approach that is more global and unites countries. This way we are healing our children, ourselves and our world at the same time.

*Domenique, the author, gave birth to a baby boy called Bjorn, not long after finishing this article.*

"You are the bows from which your children, as living arrows, are sent forth." - Kahlil Gibran

"You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams."

Kahlil Gibran

## Healing Globally - Fijian Magic

It is not uncommon in Fiji to see people sporting what appears to be crushed leaves in a cloth wrapped around a wrist or ankle. No, it isn't a fashion statement - instead, these people are practising the age-old belief of traditional Fijian medicine. The islands are home to 150 or so medicinal plants which are used in traditional Fijian medicine to treat all manner of common ailments and diseases.

Fijian medicine practitioners are still sought after by both the Indigenous Fijians and other races despite the availability of modern medical facilities because of their hostilic and effective remedies. The use of herbs and other plants which are known to have healing qualities has a long and respectable tradition that goes far back into history.

In Fiji, as is many of her neighbouring Pacific Islands, traditional remedies for the relief of pain and sickness have been used for generations past. Much protocol is attached to acquiring and practising the skills of a Fijian medicine practitioner. It is generally a skill that is handed down generations of a family almost to the extent that a practitioner clan can be identified

by their skill in a particular type of medicine whether it be the dispensation of herbs or healing through massage or both. There are two basic methods in preparing plant remedies. An infusion consist of steeping the named plant parts in hot water and filtering the liquid or a decoction is prepared by boiling the named plant parts. A third method sometimes employed in Fijian medicine consists of simply pressing the plants, either wrapped in the porous bard found loosely a top coconut palms, or inside a porous cloth. Common plants available in Fiji can be used in the treatment of a number of common ailments and disease such as stomach ulcers, diarrohea and dysentery, migraine headaches, sinus pain, malaria and diabetes, fever, stings, sprains and seafood poisoning. For example

You can heal the world by healing yourself



the very young leaves of the guava tree are used for treating diarrohea, a common ailment befalling visitors who are not used to the local conditions. The leaves are pounded up and soaked in water and drunk, or the leaves may be chewed and the juice swallowed. The root of the lili plant of the ginger family is commonly used to control diabetes and to break up phlegm in chest infections.

Fijian medicine is used to treat tropical diseases such as filariasis and malaria, rheumatism, bacterial diseases such as thrush, venereal diseases such as gonorrhoea and syphilis, heart disease and many other diseases, new and old, which are part of modern life. How do you go about consulting a Fijian medical practitioner? Well, referrals are usually by word of mouth depending on which part of Fiji you happen to be in and the nature of your ailment.

To get the medicine you have to know the people. Traditional

Queensland's rainforests harbour dozens of medicinally valuable plants. One of those is the well known rainforest tree, the Moreton Bay chestnut or black bean (*Castanospermum australe*). Compounds coming from the plant are now showing promise as a treatment for AIDS. It is also an ornamental tree, often grown indoors.  
[www.bri.net.au/medicine.html](http://www.bri.net.au/medicine.html)

## Member Profile – Gillian Trevascus

I completed my Holistic Counselling Diploma in 2003 at the Holistic Living Training Institute.

My mission in life is to make a difference to every person I have the privilege to meet who chooses my services.

I currently practice from home and run workshops both at home and at a commercial premise. The aim of my workshops is to provide knowledge, skills and tools for Holistic Counsellors, Students and Clients to use in every day life.

The workshops I conduct are Psychic Development, Home Healing, Egyptian Aromatherapy Massage, Egyptian Magic, Numerology and Angel and Tarot Card Readings. The unique beauty of these workshops is that polarities are drawn together for example, I recently conducted an Angel Card Workshop where two Clients attended, one Client had just discovered that she had an unplanned pregnancy and was still in shock, whilst the other Client was undergoing I.V.F. treatment. Both Clients supported each other throughout the workshop and also gave each other strength, hope and courage with their readings.

This was a day when I know I made a difference to the lives of two people.

My healing and spiritual path commenced approximately eight years ago when I was suffering an illness which had been undiagnosed for at least 25 years, and I was seeking support to help me continue on from day to day. I started attending spiritual workshops, both privately and at a Church of Spirituality, from then on I just kept moving forward. I have certainly had my setbacks, however one of my greatest achievements was finally being in control of my health.

I now can move mountains if I choose to do so. My turnaround in life is the proof of the “power of prayer”.

I am currently being guided down another path investigating the opportunity to work with Women in the Criminal Justice System. I have organized to attend a fund-raiser and a two-day conference with two organizations that work in this area in the near future.

My learning and healing path continues on, I doubt that I will ever come to the end, that is until I return to Spirit, but even then I am sure I will still have lessons to learn.

Would you like to do a profile for us to include in future newsletters. We would love to hear from you. Please email to [alannah@holisticliving.com.au](mailto:alannah@holisticliving.com.au) It is also helpful for our members to get to know each other more as we work together to bring healing to the world.

Writing can help you to access your inner self. You realise what would give you armour and strength if you were going through a time of horror.



## Downloading a new program - Installing Love

Customer Service: Can you install Love?

Customer: I can do that. I'm not very technical, but I think I'm ready to install now. What do I do first?

Service: The first step is to open your Heart. Have you located your Heart?

Customer: Yes, I have, but there are several programs running right now. Is it okay to install while they are running?

Service: What programs are running?

Customer: Let me see... I have Pashurt.exe, Lowesteem.exe, Grudge.exe and Resentment.com running right now.

Service: No problem. Love will automatically erase Pashurt.exe from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. Love will eventually overwrite Lowesteem.exe with a module of its own, called Highesteem.exe. However, you have to completely turn off Grudge.exe and Resentment.com.

Those programs prevent Love from being properly installed. Can you turn those off?

Customer: I don't know how to turn them off. Can you tell me how?

Service: My pleasure. Go to

Forgiveness.exe. Do this as many times as necessary until Grudge.exe and Resentment.com have been completely erased.

Customer: Okay, I'm done. Love has started installing itself automatically. Is that normal?

Service: Yes it is. You should receive a message that says it will reinstall for the life of your Heart. Do you see that message?

Customer: Yes I do.

Is it completely installed?

Service: Yes, but remember that you have only the base program. You need to begin connecting to other Hearts to get the upgrades.

Customer: Oops... I have an error message already.

What should I do?

Service: What does the message say?

Customer: It says "Error 412 – Program not run on internal components."

What does that mean?

Service: Don't worry, that's a common problem. It means that the Love program is set up to run on external Hearts but has not yet been running on your Heart.

It is one of those complicated programming things, but in non-technical terms it means that you have to "love" your own machine before it can "love" others.

Customer: So what should I do?

Service: Can you find the directory called "Self-acceptance"?

Customer: Yes, I have it.

good at this.

Customer: Thank you.

Service: You're welcome. Click on the following files and then copy them to the "Myheart" directory: Forgiveself.doc, Selfesteem.txt, Realizeworth.txt and Goodness.doc. The system will overwrite conflicting files and begin patching any faulty programming. Also, you need to delete "Selfcriticize.exe" from all directories, and then empty your recycle bin afterwards to make sure it is completely gone and never comes back.

Customer: Got it! Wow! My Heart is filling up with really neat files.

Smile.mpg is playing on my monitor right now, and it shows that Warmth.com, Peace.exe and Contentment.com are copying themselves all over my Heart!

Service: Then Love is installed and running. You should be able to handle it from here.

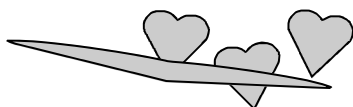
One more thing before I go...

Customer: Yes?

Service: Love is freeware. Be sure to give it and its various modules to everybody you are meeting. They will in turn share it with other people, and they will return some really neat modules back to you.

Customer: I will. Thank you for your help.

Service: You're very welcome.



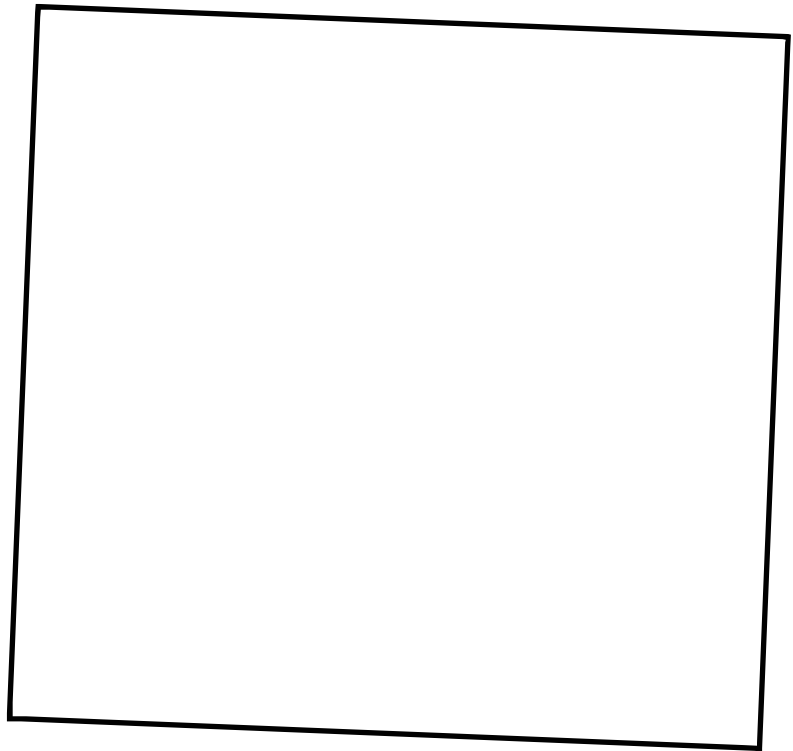
Affirmation: "Loving myself unconditionally brings healing and an abundance of love into my life"

**Australian Holistic  
Healer's Association**



**President:** Alannah Dore  
**Secretary:** Helen Bramley-Jackson  
**Treasurer:** Mark Brown

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**A.H.H.A GENERAL MEETING**  
**SUNDAY, 14 August, 2005**  
**10.30am-12.30pm**  
**Westpac Building (upstairs)**  
**75 High St, Woodend**

**We value your input  
& involvement!**

**Visit our website  
[www.ahha.org.au](http://www.ahha.org.au)**

## **IF I HAD MY CHILD TO RAISE OVER AGAIN**

*If I had my child to raise all over again,*

*I'd build self-esteem first, and the house later.*

*I'd finger-paint more, and point the finger less.*

*I would do less correcting and more connecting.*

*I'd take my eyes off my watch, and watch with my eyes.*

*I would care to know less and know to care more.*

*I'd take more hikes and fly more kites.*

*I'd stop playing serious, and seriously play.*

*I would run through more fields and gaze at more stars.*

*I'd do more hugging and less tugging.*

*I'd see the oak tree in the acorn more often.*

*I would be firm less often, and affirm much more.*

*I'd model less about the lover of power,  
and more about the power of love.*

*Diane Loomans*

