

Gnostic

AUTUMN 2010

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST

**BOWEN
THERAPY:**
FROM AUSTRALIA
TO THE WORLD...

**ECO
CHIC**

THE
RAW
FACTS:
AN AYURVEDIC
PERSPECTIVE





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Contact Jane 0414 307 292

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Contact Oscar 0431 636 586

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Class: *Sat 2pm–4pm*

Our experienced teacher Loretta will lead this weekly drop in group to help you further your intuitive abilities. **Contact Loretta**

0401 416 934

It is our intention to offer space for the distribution of knowledge. Each facilitator shares their opinions and students receive through their own interpretation, taking full responsibility to discern their own personal gnosis.




WELCOME TO GNOSTIC LIVING



On behalf of Gnostic Corner I wish to extend to you a very warm welcome to our first issue of *Gnostic Living*. I was moved by the energy and enthusiasm by everyone involved in the making of this magazine and for Mary Holstein, Founder of Gnostic Forest 12 years ago, it is a dream come true! We truly have some great talent here at Gnostic Corner and I would like to thank all contributors for their input and all advertisers for their support.

In each issue there will be the latest news relating to an organic, eco-friendly, natural lifestyle. There will also be regular items such as astrological forecasts, timetables for the Gnostic School of Higher Learning and other Gnostic activities.

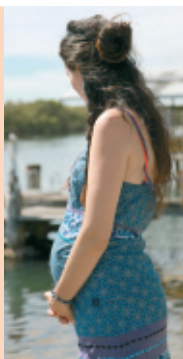
We are often asked 'What is Gnostic?' The word Gnostic comes from the ancient Greek word 'gnosis' meaning deep understanding. To put it simply, 'gnosis' is the knowledge you gain from personal experience. At Gnostic Corner we aim to provide you with goods and services that will complement your personal journey and so we invite you to read this, our first publication and visit us to actually 'experience' Gnostic Living! 

Birgit Stech

EDITOR – AUTUMN ISSUE

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On our cover: Bel Ferguson

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SEASONS OF CHANGE



BY MARY HOLSTEIN

Everyday you experience change – this is an accepted fact. Every single thing that you think you know and can rely on is constantly changing.

Your body changes, your hair and nails grow daily. Your mind changes as you are exposed to new information. Your relationships change, even with your parents.

Nothing can stay the same... Look around in nature, everything you see is either growing or dying.

Even the things man has made like this computer I am using and the chair where I sit, will eventually change, break-down and de-compose.

Why is mankind so surprised when the seasons change?

Autumn is not what it was 10 years ago. Climate like everything else does change, this is perfectly natural and should be both expected and accepted as part of life.

As humans beings we need to consider our role in accelerating this and adjust our behaviour accordingly.

I suggest the entire galaxy is going through climate change – and it always has been.

In order to grow and change in a positive way we need life-force energy. The only way to obtain this is from things that reproduce and create life.

The sun, water, soil and air are all ingredients that help create life.

These things produce food which is consumed by humans

and animals who then go on to reproduce and create more life.


Our processed food contains no live energy, a can of beans will not sprout another can of beans, and it will only change by rotting.

We should aim to spend as much time as we can in nature absorbing precious life-force energy. Eating food as fresh and alive as possible to maximise our vitality.

The only other way to get this precious life-giving force, is to compete with other humans for their energy. We struggle, engage in meaningless debate, all for attention and energy.

The most peaceful vital people we know don't waste their energy on trivial things, they eat the best food they can find and spend time in nature.

To resist change is futile and a waste of energy. By staying as calm and vital as possible we can positively influence the changes we experience in our lives and the planet.

During the last 12 years Gnostic Corner has grown and given the right energy will continue to thrive as we combine our energies for the common good and embrace this inevitable thing called Change. 



Mary Holstein, co-owner of Gnostic Forest & Bunch – passionate about understanding quantum reality.

THE RAW FACTS

Raw Food Diet – An Ayurvedic Perspective

BY BIRGIT STECH

I myself have experienced the benefits of raw foods and especially juicing, which manifest in increased energy, clarity of mind, radiant complexion, and weight loss, just to mention a few. There are certainly many documented cases of individuals overcoming serious health issues, some life threatening, through adherence to a raw food regime. And of course I have to agree, that some types of cooked food are not very good for you when consumed over a long period of time – fried foods, heavily salted food, over-cooked vegetables, micro-waved food, etc.

However, everyone is different, and diet should be individualised. The ancient Indian medicine Ayurveda recognises our unique individual differences. Some people will do best on raw, others on macrobiotic diets. Also, a 100% strict raw food diet can be problematic – even though a good healing diet for some, it can create problems in the long run such as a general lack of vitality, low body temperature (always cold), food cravings, loss of libido, insomnia, constipation, diarrhoea to name a few.

In Ayurveda we take into account the individual's constitution (prakruti), the nature of

their imbalance and symptoms (vikruti), the seasonal and climatic influences, stage of life, occupation, etc.

In Ayurveda we take into account the individual's constitution.

“In general, those of a pitta, or pitta/kapha constitution (dosha), can do very well on some raw food in their diet, especially in the late spring and summer. But if someone has a severe vata imbalance they may need nourishing, warm, moist, easily digestible cooked food as part of their healing journey. And someone with a kapha imbalance can easily develop sinus problems, asthma, or allergies on a raw food diet,” says Claudia BrechtI from the Prana Ayurvedic Healing Centre in Santa Barbara. Claudia recommends the following balancing ayurvedic principles when on a raw food diet.

- ◆ Sipping hot water with and in between meals, can help provide warmth to the body.
- ◆ The addition of a small piece of fresh ginger root (about 1/2 inch piece) to hot water will help considerably to increase agni (the digestive fire) and improve digestion

and assimilation of nutrients.

- ◆ Adding fresh ginger or a little bit of flax seed oil or olive oil to a vegetable juice will increase the nutrient absorption, increase agni and not aggravate vata as much.



- ◆ Spices: ginger, cayenne, black pepper, cumin, coriander, fennel, etc. will improve digestion and metabolism. Pungent greens, like mustard, watercress, arugula, are alternatives to pungent spices.
- ◆ Chewing a thin slice of ginger sprinkled with salt before a meal will get the digestive juices flowing.
- ◆ Chewing fennel seeds after a meal will prevent gas or bloating.
- ◆ Adding fresh lime or lemon juice to foods also increases digestion due to its sour taste.
- ◆ Herbs with a calming action, including the commonly available chamomile tea.
- ◆ Daily warm oil massage (using unrefined, organic sesame oil), Ayurvedic-style, can be very helpful.
- ◆ Some raw-foodies report that aerobic exercise elevates their body



Find out which dosha you are on Deepak Chopra's site quiz <http://doshaquiz.chopra.com>

temperature, improves their digestion and the quality of sleep.

When it comes to deciding what foods to eat, use common sense, eat according to your constitution and the seasons. Taking time to prepare fresh meals, enjoying your food in good company and relaxing after eating will also help! Happiness is the best digestive aid! 🍋



Birgit Stech is the owner of Gnostic Organics – run with passion and inspired by her customers daily!



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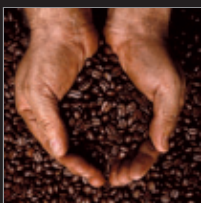
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HOW DOES FAIRTRADE

BY GABRIELLE BOWLES

The Fairtrade movement is about ensuring that third world farmers and workers are paid a sustainable wage for their products.

Most of us would be aware of sweat shops, where poor communities are forced to work long hard hours for money that we would consider spare change. The same situation happens with third world farmers and their employees. In conventional trading farmers across the globe are taken advantage of by wholesalers and middle men who purchase their products for extremely unfair prices in order to resell at the highest profit margin for themselves. The farmers are forced to accept these low prices as without them, many would go hungry.

Fairtrade certified products give consumers the peace of mind that the farmer at the primary point of production has been paid a fair price for his goods. When farmers are paid fairly, they have the ability to not just put food on the table but improve working conditions for their employees. Through the fair trade system farmers and workers have greater control over their lives and the ability to improve their over-all situation.

Fairtrade is not a charity; it is a certification system that ensures the prices paid for goods

WORK?



is able to sustain the cost of production. This includes purchase of raw materials, employment of staff and equipment. Farmers are partners of Fairtrade rather than beneficiaries.

There are now many products available throughout Australia that carry the Fairtrade label; coffee, tea, chocolate, rice, sugar, quinoa, cotton and even sports balls. Coffee by far is the most purchased of the Fairtrade products in Australia & NZ, accounting for over 70%* and in the Pacific Region alone doubling in 2008 to over 800t*.

Next time you are doing your shopping, spare a minute to check your labels. A little extra 'spare change' from you can help support a sustainable future for farmers & workers half a world away.

Get involved

Whether you are new to Fairtrade or are looking to get more involved, there are exciting and creative ways to




Coffee berries ready to pick.

*Stats from the Fairtrade Association Australia & New Zealand website www.fta.org.au

inform your friends, family and community about Fairtrade and trade justice.

With every cup of Fairtrade coffee drunk or every Fairtrade gift given, we are helping to make a difference to farmers and workers, artisans, their families and communities. With your involvement that number can grow.

Find out how you can get involved with Fairtrade at school,

at work, at university or in your local community. Whether you are a heartened individual or part of a group, every voice and every action counts. Start your journey into Fairtrade and trade justice! Check out www.fta.org.au/get-involved. 



Gabrielle Bowles is co-owner of Gnostic Mana Café – mother of four and Fairtrade supporter.

[PICK-ME-UP]

Tiramisu



SERVES 6

This rich tasty dessert has become a favourite for us around Christmas time, although my hubby does accuse me of being a little heavy handed with the masala.

The coffee & liqueur quantities can all be adjusted to suit your personal taste & should only be used as a guide.

—GB

- 250g Mascarpone Cheese (or a rich cream cheese)
- 4 eggs – separated
- 4 tablespoons caster sugar
- 2 teaspoons fresh poured espresso coffee
- 100g good quality fair trade dark chocolate – broken into small pieces
- 8 tablespoons weak coffee (instant or espresso)
- 6 tablespoons Masala (you can use other liqueurs)
- 20 savoiardi biscuits – approx
- 2 teaspoons cocoa
- 2 teaspoons instant coffee

Whisk mascarpone until soft. Beat the egg yolks until pale & then gently incorporate into the mascarpone.

Gradually add the sugar, whisking constantly. Stir in the espresso.

Beat the egg whites until stiff peaks form.

Gently fold the whites into the mascarpone mix.

Gently fold through the chocolate pieces.

Mix the weak coffee & liqueur in a small bowl.

Carefully place biscuits in the mix (one at a time) until moist approx half way through.

Use them to line the bottom of a serving bowl.

Spoon over some of the mascarpone mix & smooth out to cover biscuits, like layering a lasagne.

Repeat with remaining biscuits & mascarpone.

Bang dish gently on bench to settle layers, cover & refrigerate overnight, or for at least 3 hours.

To serve, dust with instant coffee & cocoa mix.

I like to top mine with fresh blueberries & a dollop of thick cream...

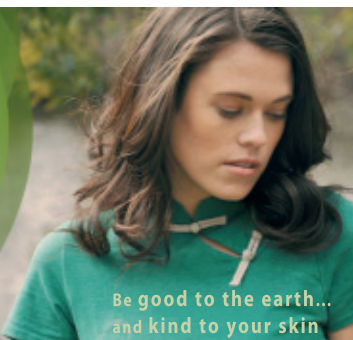
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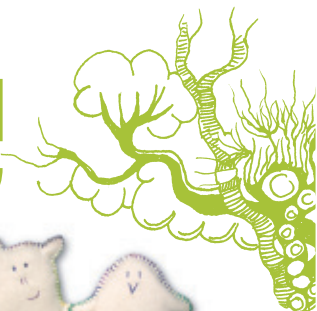
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ECO CHIC



BY RICHARD HARVEY

If you had asked me 20 years ago, what the word Eco meant, I probably would have given you a blank look and then shrugged my shoulders. Household recycling was contained to the compost bin and the biggest worry to the environment were CFCs from aerosol cans. Now the term “Eco” is associated with ecologically sustainable and environmentally-sound products or practices. We find ourselves more conscious about what we eat, what we put in our bins, what environmental rating our appliances have and how fuel efficient our cars are. We now know that our environment has a direct impact on our health and well-being.

Throughout our lives we have been conditioned to using products that contain all manner of chemicals, from shampoos to the lotions we put on our skin. Cotton for example, the most valuable non-food agricultural product, is labelled as the world’s “dirtiest” crop. US\$2 billion’s worth of chemicals are sprayed on the world’s cotton crop every year. Is it any wonder that there is an increasing number of people who suffer from eczema, psoriasis and dermatitis? I like to say “If you can’t eat it then you should probably not put it on



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your skin”. The trend of using natural and organic skin care is on the increase and there is a growing demand for organic foods. We are finally becoming more concerned with what we put in our mouths and what chemicals we expose ourselves to on a daily basis.

Fashion is now following suit and providing us with a chemical-free alternative to mass-produced synthetic fibres. Organic cotton production for example has increased five-fold over the past four years. Consumer demand currently stands at between US\$800 million and US\$1 billion, demonstrating that organic cotton could offer a strong economic alternative to conventional cotton production.

As we purify our bodies from toxins through healthy living, we can now choose to cover ourselves with natural fibres, free from chemicals and pesticides. Organic cotton, Hemp and Bamboo clothing are ecologically sound and environmentally-friendly and because they are natural fibres they will all breathe well, keep you warm in winter and cool in

☆ *Bel Ferguson (from cover)*

FAVOURITE THINGS:

MUSIC: *Green Chillies* by Daheen. I challenge you not to like it.

FOOD: My nanna's gnocchi! **DRINK:** Rooibos Tea. **ORGANIC STUFF:** *Skin Soothe* cream made from hemp – not full of chemicals. **PLACE:**

Our new house in Phegans Bay – I love just hanging out there.



ABOVE: Ecowear hemp contrast tee: \$59.95
Kashi hand stitched side split skirt: \$88.00
Kashi 8 pocket hemp bag: \$44.00
Do Yer Nut Dreadlock headwrap: \$18.95

TOP RIGHT: Ecowear Bamboo tree print singlet: \$39.95
Ecowear Organic Cotton printed skirt: \$59.95

MIDDLE: Bamboo Body Essential skirt/dress: \$79.95
Bamboo Body sash/scarf: \$21.95

RIGHT: Men's Bamboo, Tree Tee: \$44.95
Sativa hemp shoulder bag: \$76.95
Braintree 3/4 shorts: \$59.95

summer. Gone are the days of boring colours and simple designs. Designers are now realising that consumers like to wear these fibres and want to look good while doing it! How times have changed! 🌱



Richie is the owner of the Gnostic Hemporium, a qualified horticulturalist, hemp wearer and a passionate advocate for the growing hemp industry in Australia.



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HEALING HANDS

Have you ever heard of *Bowen Therapy* and wondered...‘What on earth is that? What exactly does it do?’



BY STEPHEN MCNAMARA

To put it very simply, the essence of what Bowen is about is assisting the body's natural ability to realign, repair and co-ordinate its own healing, bringing it back to balance and harmony. The Bowen Technique is a wholistic therapy, originally developed in Australia.


It can address all manners of ailments from headaches, migraines, back and shoulder pain right through to chronic fatigue and gynaecological issues, emphysema, nausea, bulging discs and the list goes on. If it causes pain and discomfort, then Bowen can address it. And not only do the human side of life benefit, so do animals!

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The Bowen Practitioner places very gentle hands on extremely specific locations upon the recipient's body, very often in acupuncture points and along the energetic organ meridians. Particular 'moves' are then performed which initiates very specific reactions from the body, usually in the manner of balancing and stimulating the body's energetic/electrical system.

This technique works by rebalancing the muscular tension levels and releasing fascia tensions and distortions within the body affecting the whole body. Bowen also rebalances the autonomic nervous system, and with the assistance of the practitioner's hands, healing and regeneration are stimulated. The body commences the process of healing itself. It's that simple!

Physiological descriptions aside, once Bowen is initiated upon an individual, that person will experience total relaxation and stress release, and more often than not, pain relief.

The only way that anyone is going to fully understand how beautiful a Bowen treatment is, is to experience it first hand. 



Stephen McNamara is a co-owner of Gnostic Healing Sanctuary, strongly believes in natural wholesome foods, has trained as a Bush Flower Essence therapist and works as an independent telecommunications researcher.

SWEET SMELL OF... EXCESS




Watch out for chemicals in your personal care products!

BY STEPHEN MCNAMARA

In 2009, in testing the umbilical cord blood of a sample of US babies, synthetic fragrance chemicals were detected among the more than 200 chemicals compounds also found. These chemicals can be found in soaps, perfumes, cologne sprays and detergents among others.

The average adult uses 9 personal care products daily exposing them to 126 chemicals every day. Nearly ninety percent of the 10,500 ingredients that the US Food and Drug Administration (FDA) has determined are used in personal care products have *NOT* been evaluated for safety by the Cosmetics Industry Review panel (CIR), the FDA, or any other publicly accountable institution.

Yet we continue to use these products both on our bodies and use them internally for things such as simple as hand washing and teeth cleaning. Do your personal care products smell that good that you could eat them – but would you? Fragrances are considered to be among the top five known allergens and are also known to both cause and trigger asthma attacks. Perhaps the reason for the allergies could be that fragrances often contain hundreds of chemical compounds just so the product smells pleasant or often masks other odours in the product.

Luckily as consumers we can choose products with no added synthetic fragrances. Look for products without the word fragrance on the label, or choose products that use natural essential oils. As parents and guardians of the planet for our childrens' children we could write to our elected politicians urging regulatory change to protect consumers from the untested chemical compounds that are present in our food supply chain. 



Stephen enjoys an eco-lifestyle (living life in an environmentally friendly way) and believes that we all need to ensure our planet is safe for his three grandchildren and their future grandchildren...

FENGSHUI

FOR THE SOUTHERN HEMISPHERE

BY JUNE TURNER

Feng Shui is the ancient Chinese art and science of ensuring harmony within our living environment. To be in flow with Mother Nature is a wonderful gift and it is there for each of us; from building freeways, to building our homes right down to the veggie garden in the backyard. It is working with the elements to get the energy moving to better our lives.

On a more domestic front Feng Shui helps us with wealth, relationships, creativity, helpful people, our careers, knowledge and family and health. In regards to the seasons, Autumn for example is a good time to start planning. Open all the windows and invite Mother Nature into your home!

Ask yourself what you have in your home that doesn't put a smile on your face when you look at it? What doesn't have a purpose in your life any more? Start clearing the cupboards out and pass things on. Uncluttering is one of the most important things you can do. Let the energy flow as blocked corners create negative energy.


Start at your front door. Is it nice and light with room to



move? If we have to struggle to get through the door, how will the new energy enter? Have something that welcomes you home, something that puts a smile on your face.

If you are looking for work, place an open fan above the inside of the front door. As the front door is always seen as the Career area, this opens you up to more opportunities.

The money frog sits inside the front door and faces into the home or work place. If your front door and back door are in line with each other, you will need to hang a chime inside the back door or everything will just rush through your life!

The bottom line of Feng Shui is to be happy in your surrounds. 



June Turner is a qualified builder, interior designer and certified Feng Shui practitioner.

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THE RELATIONSHIP
WE HAVE WITH OUR
BODIES IS...

UNIQUE

BY EMILY HOLSTEIN

We are destined to be in these bodies of ours for an indefinite period of time. We have an appearance we can do little to effect, with sensations we can only hope to understand and respond to. We compare our body to those of others,



try to sculpt and tone what we have. We endeavour to successfully feed and repair it countless times in our lives. The vision of what is a 'perfect' body differs between people. Society and mainstream advertising show us bodies and we assume these to be 'normal' and the 'set standard' that we hold and compare ourselves to.


To present this most vulnerable and fragile self to others can be quite confronting.

So when American artist Spencer Tunic came to Australia and called for volunteers to front up and nude up at the Opera House I had to take a very deep breath.

The morning came and surprisingly the nerves did not. Strange as that might sound! There was a feeling amongst the crowd of community. The excitement and adventurous spirit of it all left no room for insecurity or inhibition. We were all vulnerable simultaneously and there was safety in numbers.

What started as a challenge was really now just an adventure. The cool breeze blew upon our bits and we cheekily waved to the passing ferries and news cameras. The irony was not lost on me as we also waved to the whale watching tour boat...

There's a certain comraderie created through vulnerability. All of those who attended were friendly smiling and obliging. I couldn't help but wonder as we clothed and dispersed back into the city amongst the morning commuters...who would take the feeling of the morning and let the relaxed comfortable acceptance of their body continue?

I knew that the naked form was pretty diverse but that morning as the sun attempted (unsuccessfully) to burst through the clouds over Sydney harbour I saw it all. Every last bulge, bump and bony butt was beautiful. Totally authentic and truly beautiful. 



Emily has been a part of Gnostic Corner for 12 years and is co-owner of Gnostic Forest and Gnostic Bunch. She is passionate about community, creativity, and compassionate food (aka she's "vegangelical")!



ASTROLOGY

Planetary influences for April, May and June

As the year moves on the earth continues its orbit around the sun, this natural progression changes our position in relation to the other planets and the following influences occur.

APRIL:

Some may experience difficulty relating to other people, even feeling lonely or depressed.

There may be discord over money, possessions, your talents or self worth within a marriage or professional relationship. However, signing contracts, studying and sporting endeavours are favoured.

MAY:

During May health problems are more likely, keep life simple and easy to avoid disappointments. Now is the time to be persistent and optimistic – it will pay off in the end.

Uranus enters Aries on the 29th signifying new beginnings and the ability to express new ideas and concepts.

JUNE:

Jupiter enters into Aries on 6th June which signifies seekers of truth, leaders, executives and a need to learn patience.

Complete disregard of rules will bring surprising twists which will bring fear and excitement. Communicating and joining with other people is essential for new experiences and knowledge.

LUNAR ECLIPSE...26th June... 9.39pm.

Obsessions will make you feel uncomfortable... Jumping to conclusions, feeling rebellious, impatient and a need for excitement may backfire. Overindulgence in food and drink may also cause problems. On the other hand some may feel very generous and study a new religion or something of a spiritual nature.

Jennifer reads for Gnostic Forest on Fridays.

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READERS

Gnostic Forest offers readings daily from 10am – 4pm. Phone for an appointment on 4342 4466. Phone readings also available.

Bridget – Sunday

The palm is an accurate map of your life. Using palmistry you can build on your potential to change your life. Bridget is an experienced intuitive palmist and can help answer questions about your career, love life relationships, family, children and health.

Julita – Monday

Gentle angel readings to clarify your situation. Guidance from the angels to guide your future. Julita uses numerology to help you understand your life potential.

Loretta – Tuesday

With her many years experience teaching psychic development, Loretta uses psychic tarot and incorporates messages from guides to help clarify situations.

Morgain – Wednesday

Psychic tarot incorporating astrology, past lives and medium ship. Accurate informative empowering readings given with discretion and care.

Oscar – Thursday

Psychic medium. Offering genuine advice from your spirit guides and higher self. As your higher self has access to the universal mind, Oscar brings clear knowledge to help direct you on your path.

Jane – Thursday

Personal Dream Interpretation readings available by appointment 1pm–4pm. Recall and understand your dreams to gain self awareness.

Jennifer – Friday

Jennifer has a very unique talent, combining the arts of the Tarot, Palm & Astrology to give the enquirer a close look at their current situation and future possibilities. Understanding the timing and influences of the planets can be valuable in times of challenge.

Linda – Friday

A well known psychic reader. Linda has been helping contact those in spirit for many years now, she has the unique ability to pass messages back and forth to those in the spirit realm.

Franchesca – Saturday

Clairvoyant. By reading your aura and the tarot cards Franchesca can help empower your decisions. Palm readings and medical intuitive services also add further guidance.



It is our intention to offer readings to empower the seeker, Readers offer their interpretations of the situation and possible outcomes. As this is the world of free will you always have the power to change outcomes and determine your own future.



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