

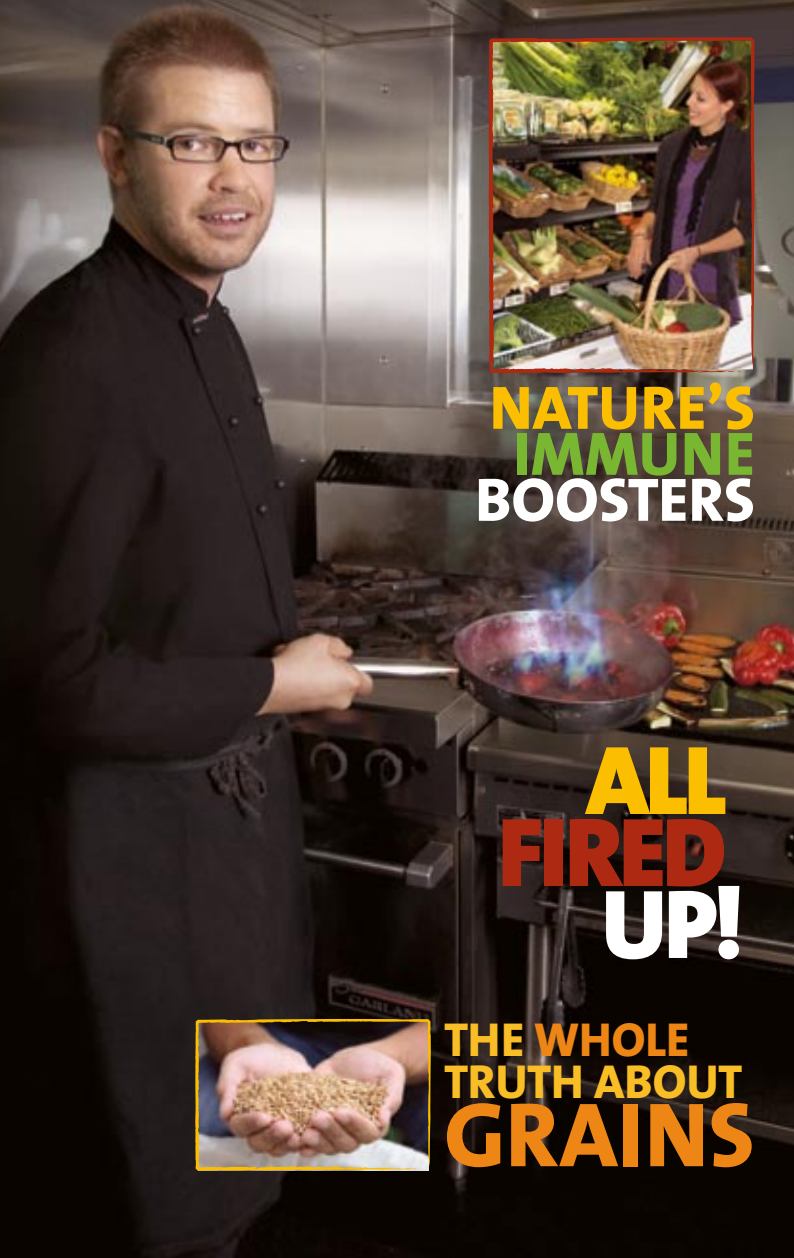
gnostic

ISSUE #6 2011

LIVING

MAGAZINE

NATURAL LIFESTYLE ON THE CENTRAL COAST



**NATURE'S
IMMUNE
BOOSTERS**

**ALL
FIRED
UP!**



**THE WHOLE
TRUTH ABOUT
GRAINS**

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Margaret is trained in Remedial, Trigger point, Pregnancy, Deep Tissue & Energetic styles of massage. Reiki is an integral part of her treatment and leaves you feeling balanced & relaxed afterwards. The comfort of laying on your tummy when you are quite pregnant is available with the use of specialised cushions. Bookings essential.



Joanne Cameron LOMI LOMI (Thurs, Sat)

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Wayne has an advanced Diploma. The Bowen Technique is about assisting the body's natural ability to realign, repair and co-ordinate its own healing, bringing it back to balance and harmony. The body is more than capable of doing just that. Achieved by using gentle movement over the muscle and fascia. You will be amazed at the effectiveness.



Tanya Craig TRANSPERSONAL PRACTITIONER (Thurs, Sat)

Tanya has qualifications in both Transpersonal Art Therapy and Shamanic Practice. For physical, mental, emotional or spiritual issues, Transpersonal processes provide tangible and familiar landscapes through which you can navigate difficult issues and heal with a sense of direction and empowerment.

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WELCOME



A big, warm welcome to all our *Gnostic Living* readers. In this issue, we take a look at the boosting of your immune systems with smarter shopping; wholegrains and their benefits; ways to understand ourselves and our impulses through the planet Mars; an update on hemp foods in Australia and more.

This year is going to be an action packed one, with a few new staff and the addition of a new Gnostic shop called Gnostic Enchantments coming soon – we are all very excited.

We also farewell Kerriane and Stephen from the Gnostic Healing Sanctuary and welcome the new owners Liliana and Tiffany. We would like to thank Kerriane and Stephen for all they have contributed to Gnostic Corner and wish them well in the next chapter of their life.

Six issues on and *Gnostic Living Magazine* is still going strong. I'd like to personally thank all our supporters who help make the whole thing possible. We get great feedback from everyone, so keep it coming. Until next edition, Cheerio! 🍀



Richard Harvey
Editor, Issue Six

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Gnostic School of Higher Learning

MONDAY 10am–12 noon:

Practical Spirituality

For the Spiritual Novice and also for those wanting to activate their experience in a spiritual way. Julie offers ways to create a better relationship with your life. Contact Gnostic Forest 4344 5251

MONDAY 7pm:

Introduction to Philosophy

A ten week course discussing spirituality and quantum theories. How science and spirituality might have common factors. Contact Gary 0408 206 164

TUESDAY 11am:

Drumbala Ladies beginners class

Come along and have some fun being uplifted while awakening and expanding your inner rhythm. Contact Katy 4342 1112

TUESDAY 1.30pm:

Energy Current Meditation

Experience the flow of energy running through your body, feel the light dimension and the spiritual realm while meditating within a current of energy. Contact Oscar 0431 636 586

TUESDAY 7pm:

Life Mastery with Earth Heart

A casual group integrating the spirit and everyday life, with practical tools to expand the mind and energy body. Creating mental and emotional mastery. Contact Savitri 0413 343 879

WEDNESDAY 10am:

Free Talk

An informal but informative talk is given on various topics by a variety of speakers including authors and practitioners. Gold coin donation.

WEDNESDAY 1.30pm:

Philosophy

Practical course of 10 weeks for thinking adults. Blending eastern and western philosophies. Contact Gary 0408 206 164

WEDNESDAY 7pm:

Meditation

Meditation is a tool to help clear the mind and develop relaxation. Also intended to strengthen the power of discrimination for Philosophy students. Suitable for beginners to advanced. Contact Gary 0408 206 164

THURSDAY 7pm:

Energy Current Meditation

Oscar offers the energy current meditation in an evening class. Contact Oscar 0431 636 586

SATURDAY 11am:

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Energy Current on the weekend to help rebalance after a busy week. Contact Oscar 0431 636 586

SATURDAY 1pm:

Intuitive Development

Our experienced teacher Loretta will lead this weekly drop in group to help you further your intuitive abilities. Contact Loretta 0401 416 934

For more information about classes please call into Gnostic Forest.

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 gnosis.

ALL FIRED UP

The energies of passion, motivation and aggression all come from the planet Mars and a good clue as to what gets you fired up is the placement of Mars in the sky at the moment you took your first breath. You will find this in your Astrological Birth Chart.

Mars was named after the Roman God of War – it's all about passion. The things and people we are passionate about are what we are prepared to fight for. Our Egos are motivated to action by the things we care about.

An important thing to realise and remember is that passion and aggression are like the two sides of a coin or two ends of the same string. People who are very passionate may also be very aggressive if their desires are restricted in any way. This can apply to entire families or even nations. The more we care about something the greater the influence of Mars to defend and protect.

By understanding the influences we can channel these energies and use them in a constructive rather than destructive way. Mars is in Cancer in my birth chart, which I have come to learn explains my strong motivation on family issues. You see, Cancer is the sign ruling mothering and family.

This is where it all gets interesting – Carl Jung once



BY MARY HOLSTEIN

said that “the lower Gods concealed themselves in the energies of the planets to limit us from our true potential.”

This is a statement you might want to re-read in order to consider exactly what it means.

So the ancient Roman God of War, if given the chance, will limit us with the desires of passion and aggression. If we remain unaware that we have a choice we will automatically act limited by the influence of Mars.

A Gnostic would become aware of these desires of the Ego and respond to Mars moments by taking a breath and responding from a warm heart rather than having an emotional reaction from a hot head. Using the knowledge that we have a choice in every moment. ✍



Mary Holstein, co-owner of Gnostic Forest and Gnostic Bunch. Passionate about life's potential and motivated by new experience.

NATURAL FAMILY IMMUNE BOOSTERS

BY GABRIELLE BOWLES

The first two weeks of school will often come with clouds of warning as the mix of different children and germs form the ever familiar cocktail of tummy bugs and sniffles. To those without children (or those yet to experience these joys) this can all sound scary, daunting and just a little gross.

There are certainly ailments that occur in our households every year like clockwork. Some are triggered by the change of season, others by the change of routine. With a little clever grocery shopping and cooking we can start arming our immune systems with extra weapons to ward off these nasties, or at least minimise their impact before the imminent attack.

One of my favourite friends (especially in winter) is Garlic. Sneaking some extra doses into basic dinners, hidden in the mash, cooked into the sauce or gravy or even used to marinate meat and veg is a great way to assist the family's immunity without making it an ordeal.

Vitamin C is another well known immune booster. There are some good vitamin C tablets for children around, but beware of the colourful packaging or unusual flavours – it often mean lots of additives or added sweetener. The best way to get the kids boosted with C is fresh juice. My kids love helping me load the juicer and if your little

one is not a fan of the obvious oranges, throw in a few strawberries or raspberries which are also high in vitamin C.

Berries are also a fantastic immune booster, they are generally high in antioxidants, are good promoters of urinary tract health and a great source of vitamin C, manganese and dietary fibre and kids love them.

Spinach is another great immune booster but unless your child has Popeye spinach tendencies, this is a much harder one to get them to consume. I often sneak it into béchamel sauce by simply wilting it in the hot sauce, then whizzing to puree in the blender. Using this to layer in a lasagne works and I haven't had any complaints yet ... even from my usually picky 11 yr old.

Coughs and sore throats? My natural approach to the start of a cough or sore throat is good quality manuka honey and a tiny dash of cinnamon in some warm water. Manuka is gaining a strong reputation in health circles for its antibacterial properties. This little concoction has also become a sleep assister in my house, often settling the kids before bed. Honey is something that should always be discussed with a health care professional before giving to very young infants and babies so be sure to check first. Also with the high rate of whooping cough around at the moment it is always best



to err on the side of caution and be examined by a GP and discuss any health approach with them first.

Finally, my trusted old 'gut booster' comes in the form of lactobacillus acidophilus, the live cultures found in good yoghurt. If your kids are not fans of yoghurt, try adding a few cups of whizzed up berries to some good quality sweet yoghurt (the label will always state if it has active or live lactobacillus acidophilus cultures in it, this is important) and freeze in moulds as 'ice creams'. Otherwise use the powdered varieties available at your health food store that can be added to milk drinks for a well disguised boost. My kids love a bit of 'Pink Milk' as a treat so I often sneak it in there. The important thing to remember with lactobacillus acidophilus is that it is a live culture – it needs

Boosters Shopping List

- Garlic
- Spinach
- Manuka Honey
- Yoghurt
- Berries

to be kept refrigerated so look for brands stored in the fridge and always ask the professionals for the best advice.

Coughs, colds and the odd tummy bug are inevitable with kids – even the big kind. So next time you're preparing a meal or out doing the shopping, remember a few of the grocery items above. Simply introducing a few here and there will assist in maintaining immunity and minimizing the effects of seasonal nasties when they do occur.

Happy Health Everyone! 🌱



Gabby Bowles – a mum of 4 (soon to be 5) who knows too well the benefits of keeping the family healthy.

YUM

Immune-Boosting BREKKIE SMOOTHIE

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/2 cup raspberries
- 1 teaspoon manuka honey
(dissolve in a tblsp warm water to help mix easier)
- 3 tblsp yoghurt
(with active lactobacillus acidophilus cultures)
- Skim milk

Place berries, honey & yoghurt in a blender. Top up with skim milk to 600ml (for 2 smoothies, more or less as desired). Blend until smooth.

If you prefer your smoothie a little lighter, swap the milk for apple juice. Frozen berries make the juice nice and cold but if you use fresh berries you may want to add a little ice in warmer weather. Enjoy! – GB

GNOSTIC PEOPLE



Geoff Davidson
CHEF AT GNOSTIC
MANA CAFE

“I moved to Ettalong 3 years ago from Newtown with my wife, for a little peace and quiet. Our daughter Pepper was born 11 months ago and put paid to the quiet part but has definitely increased the peace. I started in restaurants in 1988, mainly so I would never have to get out of bed before 9... and I now cook breakfast so I don't have to get home at 1am! At home I try to keep things seasonal with as much organic and local produce as possible. This tofu brekky is simple and delicious!”

Geoff's Scrambled Tofu

— Serves 4

- 1 block hard tofu, grated
- 6 medium mushrooms, sliced
- 1 onion, diced
- 12 semi dried tomatoes, diced
- 1 bunch of coriander (pick the leaves and chop the roots)
- 1 tsp crushed garlic
- Tabasco sauce
- Olive oil



In a hot pan, sauté mushrooms, onions and coriander roots in oil, until softened. Add tomatoes and garlic and cook for another minute then add tofu and toss all ingredients together and cook for another 3 minutes or so, season with salt and pepper. Add Tabasco (a little or a lot) and coriander leaves and stir through. Serve with toast. I like mine with bacon.



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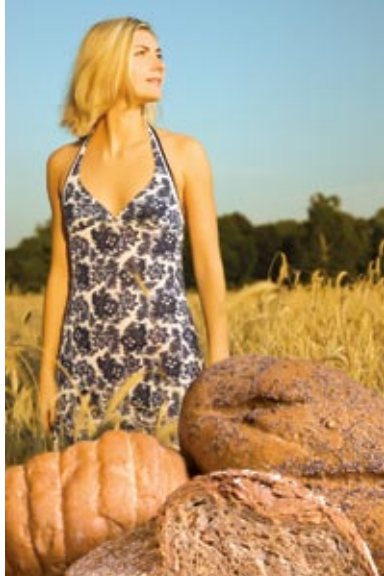
THE WHOLE TRUTH ABOUT GRAINS

Get those whole grains working for you!

BY BIRGIT STECH

With the cooler season upon us, we tend to eat a little more and heavier, getting much satisfaction and warmth out of tucking into our grains and breads. However, since reading the awe-inspiring book *Nourishing Traditions* by Sally Fallon, I do things a little bit different now, in terms of preparing grains before cooking or baking them.

It is said that our ancestors and virtually all pre-industrialised people soaked or fermented their grains before making them into porridge, breads, cakes and casseroles. In India for example, rice and lentils are fermented for at least two days before they are prepared as *idli* and *dosas*. Europeans made slow-rise breads from fermented starters and their grains were soaked for days in water or soured milk before they were cooked and served as porridge or gruel. In Africa they soak coarsely ground corn overnight before adding it to soups and stews.



Phytic acid in grains can block your body's absorption of vital minerals.

Funny enough, these practices accord very well with what modern science has discovered about grains: All grains contain phytic acid in the outer layer or bran. Untreated phytic acid can combine with calcium, magnesium, copper, iron and especially zinc in the intestinal tract and block their absorption. This is why a diet high in unfermented whole grains may lead to serious mineral deficiencies and bone loss. A lot of food allergies such as gluten intolerance also stem from eating quick-rise bread and hastily prepared casseroles. The pressure cooker is not recommended for grains as it cooks them too quickly.

The benefits of soaking your grain are:

- ◆ Allows enzymes, lactobacilli and other helpful organisms

to break down and neutralise phytic acid.

- ◆ It neutralises enzyme inhibitors and encourages the production of numerous beneficial enzymes.
- ◆ The action of those enzymes increase the amounts of many vitamins, especially B vitamins.
- ◆ During the process of soaking and fermenting, gluten and other difficult-to-digest proteins are partially broken down into simpler components that are more readily available for absorption.

Soaking should take place for at least 7 hours in warm filtered water with whey, yoghurt, kefir or buttermilk added. Those with severe milk allergies can use lemon juice or vinegar in place of milk products. Whole rice and millet contain lower amounts of phytates than other grains so it is not absolutely necessary to soak them. However, they should be gently cooked for at least two hours in a high-mineral broth.

The ancient grain spelt has been praised by the medieval sage St Hildegard as being particularly suited to the sick and those of a weak constitution. Studies indicate that spelt gluten breaks down easily during fermentation, making it more digestible than modern varieties of wheat. Another ancient variety of wheat is kamut and some people who are allergic to wheat do better on spelt or kamut. Quinoa comes from the South American Andes and the



Andean women value quinoa for its ability to stimulate breast milk. It has superior nutritional properties, however all quinoa products should be soaked so that the antinutrients in the grain are neutralised in this way. Buckwheat is valuable for its high content of cancer-preventing nitrilosides. Soaking corn in lime water releases vitamin B3 which otherwise remains bound up in the grain. It also improves the amino acid quality of proteins in the germ.

If you buy grains that have been rolled or cracked, they should be in packages and not taken from bins, where they could go rancid. To avoid pesticide residues, you may wish to buy organic grains and roll or crack them yourself using a roller or grain grinder. Adding a little ground flax seed is a good start to the day (low in phytic acid and does not require soaking if eaten in small amounts), and porridges marry very well with butter or cream whose fat-soluble activators provide the necessary catalyst for mineral absorption.

Preparing grains the traditional way may be a little more time-consuming but all worthwhile for better health! 🌱



Birgit Stech is the owner of Gnostic Organics. She enjoys researching and sharing the new findings!

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SEEDS of CHANGE

It's time for Australia to catch up with the rest of the world and embrace one of nature's true super foods...



BY RICHARD HARVEY

I've written here before regarding the wonderful benefits of hemp oil and hemp seeds and the fact that we are the only western country in the world that does not allow their consumption. Well... the FSANZ (Food Standards Australia and New Zealand) released their consultation paper recently, *Low THC Hemp as a Food*, and boy did it cause a stir. On one side we had a lot of good press, from nutritionists to farmers, people were coming out of the wood work in support of this wonderfully nutritious seed. On the flip side, however, there was a lot more negative publicity, or should I say misinformed

radio interviews and newspaper articles that wanted to compare hemp seeds to alcohol and cigarettes.

FSANZ's consultation paper was very similar to the conclusion that was reached in 2002, when they recommended that hemp be approved as a food. This agency is paid by the government to study and recommend food safety guidelines and ensure that we are not subjected to dangerous food products. Why is it then, that when they recommend something, the government thinks they know best and can override their recommendation?

So it's no wonder really, that when this story hit the major print, TV and radio stations, that there would be the same prejudice toward this nutritious seed. When a parliamentary Health Care Minister goes on radio to say that we should all be concerned with testing positive for THC (seriously?), shouldn't he be looking at the benefits of introducing an omega and protein rich product into the diet of Australians. With hemp seed products

WHAT IS HEMP?

Due to its low THC levels, hemp is different to other varieties of *Cannabis sativa*, commonly referred to as marijuana. Hemp contains no, or very low levels of THC, and does not have any psychoactive properties.

— *Industrial hemp as a food*
FSANZ FACTSHEET 2011

having been consumed around the world for years, wouldn't you think there would be some shred of evidence to support this fear? Hemp seed products contain no more THC than poppy seeds contain opium. There is no chance of failing any drug test. Ever!

Another classic example was a story in a Darwin newspaper which was written very poorly indeed. The writer interviewed someone from the street and asked them what they thought of cannabis foods.

"It would be good to put it in something like cookies," he said, followed with "It could be possible for people to become addicted to marijuana if it was readily available" ... Wow!! We have a huge battle on our hands if every time someone says "hemp" everyone else says "marijuana."


Luckily for us there was a very positive response from the Australian public who made submissions to FSANZ calling for normalisation of hemp foods. The other good news is that when FSANZ make their final submission to the Ministerial Council for approval, the decisions will be decided by a

WHAT HEALTH BENEFITS DOES HEMP HAVE?

Hempseeds are rich in the essential fatty acids, omega-3 and omega-6, which are required for vital body functions, including the immune response, lipid hydrolysis, blood clotting, vascular dilation and cardiac function.

— *Industrial hemp as a food*
FSANZ FACTSHEET 2011

majority vote and any objections must have corresponding data to back up the decision. So, this time around if the government decide they do not wish to approve it due to any fears or misinformation they might have, they will have to provide solid evidence that substantiates their claims.

I look forward to their decision and I only hope that its the right one – the one that brings us into line with the rest of the modernised world... 

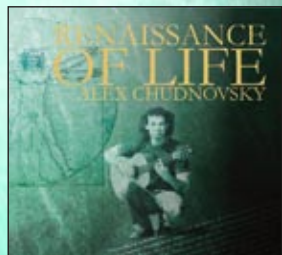


Richard Harvey is the owner of the Gnostic Hemporium and looks forward to the day he can legally consume one of nature's oldest super-foods.

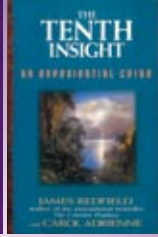
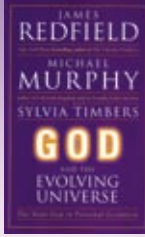
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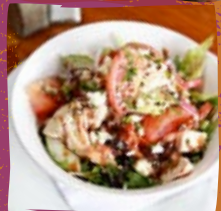
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Fill up with Soul fuel



I have been thinking recently about our relationship with emotions and how we subconsciously deal with them – about what we do and why we do it.

There are times when we all crave something. If we stop and check in with ourselves, we need to make sure it is the physical body needing the craving filled. Perhaps it is even for some healthy food. Or is it an emotional need you are trying to fill?

When our mood is low, we may welcome some sweetness. Often the introduction of sweetness sets up a greater need – we *crave* the sweetness, be it wine, chocolate or sugar. The ability to stop at ‘just one’ becomes harder if we focus on filling this need.

If you recognize that this is an emotional need, then ask yourself, ‘will this sweetness fill me up, or is there another form of sweetness that will fill the emotional space?’

Perhaps kind words from a close friend, or a hug from your partner. Some lovely music, some time out for meditation, reading or a walk in nature.

Developing our awareness to these new levels, gives us the power to choose and discriminate on a higher level.

BY KERRIANNE MCNAMARA

The automatic habits and decisions we make are in a state of “waking sleep” – a state that has us responding from the past. Let’s take up the challenge to respond from a new paradigm: awareness in the present moment. Don’t let our past dictate our future. Give it a try! Empowering ourselves is one of the greatest gifts we can receive.

A song also comes to mind, as often does when I need to make some life decisions. *‘Everybody searching for a hero, we all need someone to look up to, never found anyone to fulfil that need, a lonely place to be, so I learned to depend on ME.*

If I fail, if I succeed at least I’ve lived as I believe, no matter what they take from me, they can’t take away my dignity, because the greatest gift of all is love I give myself.’

Encourage yourself to practice this awareness. Fill your needs and love yourself a little more every day.

Namaste 🙏



Kerrianna has a passion for teaching. She is planning to expand her knowledge and looks forward to be back on the coast to share with you.

WELCOMES & FAREWELLS




The winds of change are blowing around the corridors of the Gnostic Corner and we're not just referring to the coming of winter. The Gnostic Healing Sanctuary is undergoing its own



Liliana and Tiffany

change of season with proprietor of five years Kerriane Mcnamara passing on the mantle of ownership to naturopaths Liliana Aitken-Jones and Tiffany Smith.

Together they are looking forward to building upon the strong name and reputation that Kerriane has forged, with the aim of continuing to grow the centre's dedicated practitioner base as well as expanding the shop with the addition of a new naturopathic apothecary. This will offer more specialised products and services aimed at improving overall wellness through the different life stages.

Liliana and Tiffany and the team at Gnostic Healing Sanctuary look forward to the continued servicing of your health needs and wish Kerriane the very best in all her future endeavours. 



The time has come for me to bid the wonderful Gnostic Business community goodbye. After five years as the owner of Gnostic Healing Sanctuary, I have decided to move on to new horizons. My time here has been memorable and fulfilling. I have made a great many friends and connected with a spiritual community like no other I have ever known. I will miss the connection and support that I have experienced, and will take this with me to create new connections in the future. I would like to thank the community who frequent Gnostic Corner for their company, their stories and sharing. I will miss chatting with you and sharing in your emotional and health journeys.



I am confident the new owners will continue to support you and the practitioners who provide your health and wellness needs. Lana and Tiffany are two very committed practitioners themselves who will be offering you a long awaited service of Naturopathy, and bring a fresh new look and feel to the Healing Sanctuary. They focus their theme on longevity and anti-ageing, right down to a cellular level.

So farewell to my friends and colleagues. I will hopefully get the time to meet you in a social capacity and share some talks and courses with you!

Kerriane



The Gnostic Corner is expanding again!!!



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ASTROLOGY

Planetary Influences for June, July and August 2011.

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.

JUNE:

You may feel concerned with fulfilling your ideals in life, so by mastering your skills you can reach your goals in idealistic terms. Your attitude must remain positive, being charitable and persistent, seeking the truth and putting new strategies in place will bring rewards. Be aware gambling will not solve any monetary problems as you may have a false belief nothing can go wrong for you... think very carefully.

Solar Eclipse...2nd June 2011...7.15 am...11*02 Gemini...

Lunar Eclipse...16 June 2011...6.14 am...24*24 Sagittarius...

JULY:

It is evident that helping those in need is a priority, but try not to be involved with people who play silly ego games. Let them have their own way – it's not worth the drama. Striking a balance and being persistent will help you see things in a different light, healing any conflict on the way.

Solar Eclipse...1st July 2011...6.36 pm...9*12 Cancer...

AUGUST:

Some people may find it hard to relax and enjoy themselves. They may find that working on an important project will give them a sense of relief. Making adjustments for reaching your goals and letting go of old patterns will help you to redirect your plans in order to move forward, giving you the ability to see a situation as a whole and in detail.

Jennifer reads for Gnostic Forest on Fridays. F.A.A. certified for 18 years.



EXPLORING THE TAROT THE HIEROPHANT

The Teacher; both inner and outer persona.

When this card appears in your reading be aware of what you are learning – or would like to learn – regarding spirituality or religion. You may feel drawn to new age books or crystals.

Loretta is a psychic reader at Gnostic Forest.

Thinking about First thought...

Buddhism often discusses our first thought/reaction as an insight into our 'Buddhahood' or level of enlightenment. My 'Buddhahood' or lack thereof was revealed to me in the last week and I saw how far I had not come...

I was dancing to some drumming at a festival when the man next to me asked me if I had a lighter. At the reply of 'no' the man reached out and grabbed a handful of my left breast.

My absolute shock was broken as I reached out, punched him in the arm and told him where to go in most colourful and succinct language. There was no pause for reflection. This was my reflex. Yikes!

From here I went straight into a state of panic. Not, as one would imagine, that I had been grabbed by a stranger (definitely NOT okay) but that I was acting out of anger! I did not feel unsafe in this instance, I was in a crowd of otherwise friendly people with a good friend close by. I was, though, annoyed that a complete stranger took it upon himself to self serve.

What had become of me? Had I turned into a vicious swearing banshee? I had just spent the day reading books on Buddhist principles and then, when push came to grope, I lashed out in anger. Some would say my actions were justified but most of me disagrees with them (most!).



BY EMILY HOLSTEIN

Aggression and violence have always repulsed me. I figure there is almost always a better way to solve things.

We are not at the mercy of our emotions. I'm pretty sure we choose them. Our emotions are conscious decisions based on thought, attachment, ego, and plain and simple humaneness. Sometimes when we aren't in control of ourselves, emotion can become action. I had an attachment to my body as my own and he had an attachment to touching me. (Can I say 'jerk!' here?) To walk away would have perhaps been more appropriate. A verbal dismissing perhaps.

But you can't go back and change things. You can, however, move forward and adjust your behaviour next time. Just don't ask me for a light... 📄



Emily is an avid reader of Buddhist writings, believes the body is a gift (albeit a temporary one) and doesn't have a lighter.

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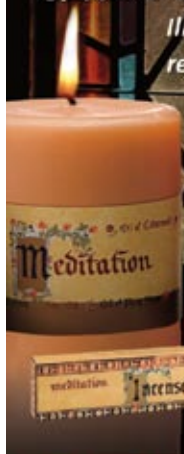
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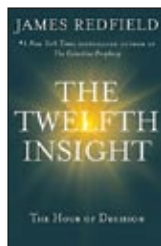


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The Twelfth Insight

AUTHOR: James Redfield PUBLISHER: Brumby Books



I remember reading the *Celestine Prophecy* in the 1990s. I couldn't put it down. It was ground breaking stuff for me at the time, explaining the synchronicity and the flow of energies. Since then I have read *The Tenth Insight* and *The Secrets of Shambala*.

So when James Redfield published *The Twelfth Insight* – the 4th in the series I was keen to read it also.

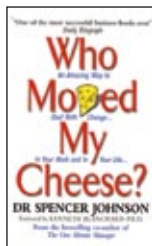
I am sorry to say the plot is so predictable it was hard for me to keep up my interest. In a race against time they have the authorities in hot pursuit, determined to prevent the release of the prophecy, complete with a pretty heroine... Sounds familiar, like about a dozen or more other recent movie plots.

The reason to persevere is that the messages contained in the manuscript are very worthwhile. Just by reminding ourselves of these qualities we reactivate them in our lives. While chewing through this book I couldn't help but notice the co-incidences happening in my life and the change in my energies according to whether I was speaking my truth or being influenced by others.

Maybe someone will do an abridged version and save us all the predictable drama. – Mary H.

Who Moved My Cheese?

AUTHOR: Spencer Johnson PUBLISHER: Ebury Press



Described as “a simple parable revealing profound truths”. This is not a new release, but still one of the most valuable reads around.

A story about two men and two mice living in a maze and daily collecting their cheese. It's a powerful metaphor for life and how we go about getting our “cheese”. What happens when the worlds changes, and how do we cope when our cheese is taken from us.

I have resurrected this title now as I think the world is in the place where the cheese may soon be moved or even removed. We should all consider how we feel when things change and our perceived security is at risk. Our ability to adapt to change will determine how easily we adjust to the next situation.

Often this book is handed out by corporations when they are downsizing their staff. Providing strategies to cope with inevitable change. It has been proven that our attachment to things remaining stable is what causes us grief.

We should consider that it's only when things change that they can improve. This book is important!! – Mary H.

READERS

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

Morgain – *Sunday*

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

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.

Savitri – *Wednesday*

Savitri uses the Devine Crystal Matrix to intuit cosmic wisdom. Soul & Akashic records give guidance. A crystal ball, cards or other tools may be used, providing accurate guidance with discernment.

Oscar – *Thursday and Sunday*

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*

Using her intuitive/clairvoyant skills and her deep knowledge of subconscious symbolism Jane can help give clarity to your current situation as well as guidance for the future.

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.

Marlih – *Friday*

10–11am Fridays – Free Feng Shui Talk.

Feng Shui readings available to correct any imbalances. Correct placement has been known to improve all aspects of our lives from relationships to finances and health.

Franchesca – *Saturday*

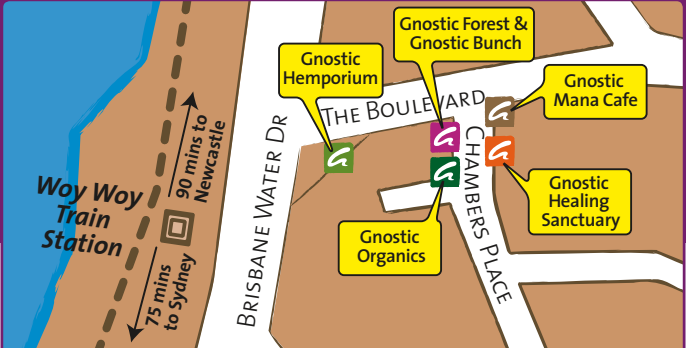
Clairvoyant. By reading your aura and the tarot cards Franchesca can help empower your decisions. Palm readings and medical intuitive services also add further guidance.



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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Gnostic Corner is a non-competitive business co-operative.

Gnostic is derived from the ancient greek word *Gnosis*, which means 'Knowledge through personal experience'.