

CRYSTAL HEART HEALING CENTRE

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NEWSLETTER –April 2012

GARDEN HARVEST

It is difficult to believe that Easter has come and gone already...But what a busy time it has been in my bountiful garden !!!

I have just harvested 18Kgs of beautiful muscatel grapes, all in all I got 40Kgs, which I spent time juicing, skin, pips and all and freezing for the winter when I will need a lot of the vitamins, minerals and antioxidants stored in the grapes. I love drinking it as a smoothie with a bit of warm water added to cut down on the sweetness.

I have also had a bounty of a variety of tomatoes which I have dehydrated, preserved in sauces or jams for the winter...I feel like a little squirrel filling up my stores for the harsh winter.

I am also in the process of drying some of my favourite herbs either for cooking or for medicinal purposes such as lemon verbena, rosemary, marjoram, thyme and sage.

This is really the first step in becoming self sufficient and it is an easy one to take whether you have a large veggie plot or a small balcony. Stop buying all the dried herbs in sachets or plastic containers at the supermarket and start growing your own culinary herbs...it is such a rewarding thing to do and at least you know that they won't contain any nasty herbicides or preservatives. Ask some of your friends for cuttings as I found that herbs offered with love from a lovingly tended garden, grow so much better than the ones bought in a commercial nursery.

My special thanks to my friend Gillian who provided a lot of the herbs that now grace my medicine wheel herb garden.

WINTER BUGS PREVENTION

Once again the Australian health department is forecasting a "flu" epidemic this coming winter.

A pretty grim picture and yet it does not have to be all doom and gloom. As always "Prevention is better than cure".

I have put together a little protocol to protect you and your family this winter. If you follow the guidelines, you may not even have a sneeze this winter...

1. Prevention :

- Make an appointment to check the state of your immune system and get rid of any parasites before winter. Please notice that winter can be a very busy time in the clinic and it is wise to make an appointment well in advance to avoid disappointment.
- Take a teaspoon of Sodium Ascorbate powder (Vit C.) or even better some Metazinc + C powder in fruit juice every morning.

- Take 5mls of Olive leaf extract in water x 3 times a day (Children half dose x 3 times a day) as an immune booster, antiviral, antibacterial, antifungal agent.
- Take “Flu antidote” 5-10 drops once/week under tongue.

2. Treatment:

If you were unprepared and have the flu virus or a bacterial infection in your respiratory system, you can still get better much quicker with natural treatment.

- Make an appointment for some patches if you can get in.
- Respiratory tract herbs, 5mls x 3 times/day or Pectoplex homeopathic spray for coughs
- Flu drops every hour for 2 days for fever, muscular aches and pains.
- Antiviral, antibacterial herbal mix x 3 times/day
- For sore throats use Tonsaplex or Antinplex drops and suck on Tea tree lozenges.
- For runny noses use “Allium Cepa” and “Nat Mur” homeopathic drops.

Hopefully all these measures will keep you healthy through winter.

ASK THE STARS

According to Christine Rothwell, Melbourne based astrologer (www.christinerothwell.com), *the April Full Moon falls on the 7th in the sign of Libra and makes a wide conjunction to Saturn and square to Pluto. This is the Easter Full Moon and carries the images of rebirth and resurrection that are connected with the Aries Ingress in the Northern Hemisphere. For us in the Southern Hemisphere it is autumn and the energy is more introverted. **Wherever you are it is a wonderful time to take some time out and engage in your preferred form of inner work whether it is meditation, silent contemplation, journaling or whatever.***

*The Libra Full Moon always falls around the Autumn Equinox [Southern hemisphere] and is a reminder about restoring balance in our lives. **It is time to ask ourselves what we want [Sun in Aries] and how can we achieve this with respect to others [Moon in Libra]. Are you too focused on your needs or others? The wide conjunction with Saturn reminds us to act responsibly and the square to Pluto is a reminder to act ethically and to own our shadow.***

Pluto moves retrograde on April 11.** The times when a planet stations are when it is said to be most powerful... it is as if the God is standing still and demanding we take notice. **Pluto invites us to engage in deep soul searching, confront our fears and own our shadows. The danger here is resorting to manipulative or controlling patterns or behaviours / attitudes that are motivated by fear.

*The time from April 14 to June 20 is where we are called to take action after a period of possible stagnation and review. **The Mars retrograde cycle has challenged us to become more conscious of how we use our Mars energy; how we habitually act, react and assert ourselves,** especially in the house where Mars has retrograded in our chart. Mars is the God of War and symbolizes the action principle and our inner warrior.*

*Wherever Mars is transiting in your chart from November 18 to June 20 is found the sign of **Virgo.** Virgo is an earth sign and speaks of the **need to order our world and function efficiently. It calls us to engage in honest self analysis and self improvement.***

The Virgo quest is the drive for perfection and we may need to reflect on the following [especially in the house where it falls in your horoscope]:

- How efficient and organized are you in this area of your life?
- Do you tend to get lost in the details here?
- How do you relate to the need for perfection? How can you embrace the ideal but not become tyrannized by it?
- How do you experience criticism? How self critical are you? Do you tend to be critical of others [and confuse this with being helpful]?
- What does service mean for you? How can you be of service, especially in this area of your life?
- **Can you undertake honest, self analysis and change your routines so you can function more efficiently here?**
- How can you improve your functioning in this area of your life?

ELECTROMAGNETIC RADIATION

Here is an excerpt from an email from Paula Polson, our friend and Feng Shui practitioner

Please bear in mind you might also be getting people with new symptoms due to new smart meters. As whole neighbourhoods get saturated in wireless frequencies the game will change. When I was still working I had clients who were affected in these ways: insomnia, headaches, feeling weird, aggressive/ mood changes, dizzy, muscular tension, foggy head. Just a reminder – if they know what it is at least that's a start. As time goes on I believe, sadly, you will come across more and more people beginning to have symptoms of electrosensitivity. Some tips you might pass on from my own experience (aided by advice from a woman in USA): I was definitely affected by my laptop and my solar panel system. Re the laptop, I was advised to change the modem to one that has no capacity for wireless (not just wireless turned off); and to remove the battery permanently. Re the solar system- I turn off the inverter and solar switch in my meter box every night so I can sleep. Since having the organite in my house (I can't get this for people but they could source their own) and doing these things I am OK and sleeping much better, and being at the laptop is no longer an issue...

I would recommend the following website from our fellow dowser, Lyn McLean, for ways to reduce your exposure to EMR. www.emraustralia.com.au/domestic

WHAT IS ELECTROHYPERSENSITIVITY

Adapted from material written by Beau Binder and Anna Jonsson (<http://www.weepinitiative.org/areyou.html>)

Description

Electrohypersensitivity or EHS is a physiological condition. It is characterized by neurological and immunological symptoms that noticeably flare or intensify upon, or following expose to:

- **electric and magnetic fields (EMF)**

- one or more of the types of **electromagnetic radiation** (EMR) found in the modern environment

Having Electromagnetic Field Sensitivity means experiencing recurring stress or illness when near active EMF sources or emitters of EMR. Symptoms normally diminish with distance from these sources but typically require considerable time to vanish after exposure. The World Health Organization identifies this collection of symptoms and triggers as Electrohypersensitivity, often referred to as Electrosensitivity. It is not recognized as a medical diagnosis. However, it is accepted as a functional impairment in Sweden and the Canadian Human Rights Commission recognizes it as an environmental sensitivity and classifies it as a disability.

Likely Causes

Excessive exposures to EMF or EMR from power lines, cell phone transmission towers, cell & digital cordless phones, computers, fluorescent lights and various electrical tools & equipment.

Similarly, a synergistic effect involving heavy metal buildup in the body has been reported. Predisposing genetic factors, such as the inability to excrete heavy metals, have a role in this. Common sources of heavy metal exposure are mercury in dental amalgam, aka "silver fillings", and some vaccines.

EHS is frequently seen in people with multiple chemical sensitivities (MCS), resulting from overexposure or intolerance to certain chemicals.

Common Symptoms

- Concentration problems
- Memory lapses
- Aches or pressure in head, throat and chest
- Unsteady balance, dizziness
- Altered heart rate
- Ringing in the ears
- Excessive fatigue
- Numbness or pain in affected areas
- Sleep disturbances
- Eye irritation
- Red skin blotches, eczema

Four Stages of Electrohypersensitivity

1. Mild combinations of some of the common symptoms - typically headaches, concentration & memory problems - while working with electronic equipment.
2. Longer lasting symptoms after working with electronic equipment. Similar reactions in the vicinity of transmission towers and relay antennae. Symptoms often require medical care.
3. Inability to work full-time; frequent sick leaves taken to cope with symptoms.
4. Acute adverse reactions from electromagnetic pollution, both in outdoor and indoor environments. Results in unemployment and severe curtailment of freedom. Requires expensive reengineering of home environment or relocation to spartan, EMF/EMR-free rural or wilderness areas.

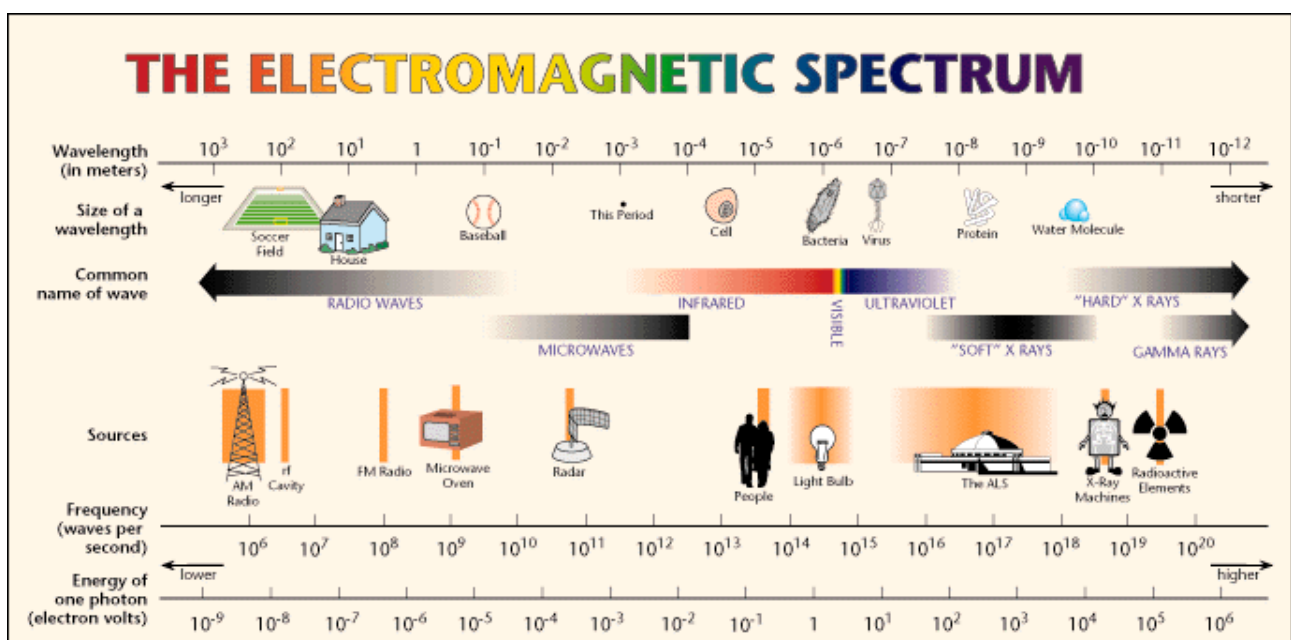
Prevention Tips from the EHS Community

- Keep bedroom free of battery chargers, cell & digital cordless phones and other wireless products.
- Sleep away from high field areas like the house power main and operational refrigerators. Remember fields extend some distance, even through walls.
- Limit exposure to and keep distance from, TV's, computers and monitors.
- Other common high EMF/EMR sources are: microwave ovens, induction stoves, electrical blankets, hair dryers, heating pads, tanning beds, and radiant heat systems.
- Use standard land line phones. Only use cell phones for short calls or emergencies. Use hands free model and direct the phone antenna away from your body. Do not use headphones.
- Remove digital, cordless phones from home and office; they act as mini-cell towers.
- Do not use wireless networks or gaming systems; instead use cabled/corded alternatives.
- Use a precautionary approach to new electronic devices and systems.
- Use incandescent lighting and not fluorescent.
- Turn off and unplug electrical equipment when not in use.
- Seek out low emission/low field areas both indoors and outdoors to de-stress.

Because the body of evidence is only now being taken seriously, most family practitioners are still unaware of EHS or anything that is involved in treating it.

If you have, or believe you may have EHS, we have prepared an information package to help you talk to your doctor about it. Please see: **Talking to Your Doctor**. Take a printed copy with you, to your next appointment with him/her.

For more in depth information about what you need to do to regain and maintain your good health see: **Living with EHS; A Survival Guide**



Crystal Heart Sanctuary Workshops for 2012

1-Reiki Initiation into the Crystal Heart

Sat 24 & Sun 25 March 2012, 9 am till 6 pm

2a-Activation of the Rings of the Thymus

Sat 19 & Sun 20 May 2012, 9 am till 6 pm

2b-Advanced insights into the chakras

Sat 18 & Sun 19 August 2012, 9am till 6 pm

3-Initiation into the Magic of Sekh'm

Sat 13 & Sun 14 October 2012, 9 am till 6 pm

4-Introduction to the Buddha within

Will be taught in 2012 once a month

5-Connection to the Warrior's shadow

*(Level 4 & 5 are by invitation only & after completing all other levels.
They are based on Buddhist philosophy.)*

6-Teacher Training

Not for everyone, but after completing levels 1 to 5.

Reiki for Kids – Level 1

On request, (2 to 5 pm)

Reiki for Juniors – Level 2

Sunday 19 February 2012, (1 to 4 pm)

Reiki for Juniors – Level 3

On Request, (10 am till 5 pm)

GENTLY DOES IT – *Caring for you & the environment*

Lyn provides Ear Candling and Reiki (both \$50) from Bayswater on Mon & Wed during the day or Tue & Thur evenings, or at Mount Waverley at selected times. Ear Candling together with a facial massage and Reiki, is a very gentle and nurturing way to remove toxins and blockages from the sinuses. You will breathe and hear better, and snoring can be reduced. Also Property Dowsing, biodegradable household products and natural skin and haircare, Pendulum & Reiki workshops. Ring 0409 839 581 for an appointment or more information.

Crystal Heart Healing Centre Practitioners:

Bernadette Saulenier

Naturopath /Homeopath/ Reiki Teacher

Lyn Wood

Secretary / Ear Candling / Reiki / Dowsing

Our aim is to help keep you happy and healthy in body, mind and spirit.