

December 2010 Newsletter

Hello

Welcome to a wellness review... I hope your feeling healthy and fantastic! Christmas is rapidly approaching – you will find attached a page of Christmas vouchers which is full of free or discounted services from the practitioners at My Wellness Clinic and our friends – please enjoy these vouchers with our complements.

If you looking for a quick easy Christmas gift for your friends or family – think about a **My Wellness Clinic gift voucher** – you can choose the service or let them pick what they would enjoy! Vouchers are available in any amount from \$10 upwards with a 12 month expiry. To order your voucher you can either call the clinic on 0414 868 185 and the voucher can be emailed or posted to you, drop in and grab a voucher on the gift table (self serve) outside the clinic door – available during clinic opening hours or send me an email and I will arrange one for you. Don't forget you may be eligible for a health fund rebate with your vouchers which makes giving a My Wellness Clinic voucher an easy and affordable gift!

http://www.mywellnessclinic.com.au/docs/xmas_gift_vouchers.pdf

Christmas Holiday Break

- **Christina Pirie** is available till 23rd Dec, then from 3rd Jan till 6th Jan, then from the 20th onwards are per usual. I can assist you with remedial massage, hot stones, ear candling, naturopathy and nutrition
- **Brownwyn Hodgekiss** our counsellor is available from 11 Jan every Fri and other times by appointment. She can be contacted directly on 0425 223.
- **Moira Bayliss** our medical herbalist is available in the clinic from 11 Jan every Saturday. She can be contacted directly on 0450 160 932.
- **Vanessa Toleafoa** our holistic therapist is available from 2nd Feb 2011 – keep your eyes on our website for some great courses and group sessions she has planned! She can be contacted directly on 0423 529.

Support for stress - Christmas can be quite a stressful time for many people due to busy lifestyles, financial pressures, difficult family relationships and many other factors. If you starting to stress out try and take a step back – is there anything your doing that you can stop for a while or minimise just for the moment?

Poor diet and nutrient levels are triggers for stress – often when we get busy or stressed we tend to eat poorly which worsens our stress resistance. During this busy period – be realistic in what you can achieve, eat well, drink plenty of water and try and get adequate sleep. If you're not coping call Christina and I can provide you a fantastic B vitamin/magnesium formula to keep you feeling in form or there is a range of herbs that are great to help you keep your cool, cope or stress down!

Coastal Paws Rescue - Thank you for your help and support with spreading the word and donations – I have successfully rehomed 5 puppies this year that were on 'death row' – keep your eyes on further newsletters and the clinic noticeboard to see who is looking for a home next! Jerry went to a lovely older couple that had just lost their dog and its friend was grieving terribly. He is very well loved and settled there. The English sheepdogs and being homed together in Sydney near a dog beach! George is going to be travelling with a grey nomad around Australia and Fred is keeping a little girl with autism company in his new home. To check out animals for rescue go to:

www.petrescue.com.au. Another way you can help rescue animals is by adopting a goose! Check out www.ozfarmyard.com – this lovely lady saves all kinds of animals and is looking for sponsorship to help with feeding and vet bills – I think adopting a goose is a great Christmas gift!

Check out the link below for information on **cholesterol** – I find this can be treated very successfully with naturopathic and nutritional means.

<http://www.mywellnessclinic.com.au/docs/info/Cholesterol.pdf>

Wishing you all the best for a wonderful Christmas and a happy 2011. I will be in touch in the new year with more clinic news.

Kind regards *Christina Pirie*

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Archetypes, what are they are how can they help me?

By Vanessa Toleafoa

All Archetypes are neutral forces of energy patterns we live out in our daily lives. There are over 179+ archetypes that represent certain characteristics of our personality on a day to day basis. An example of a few archetypes is the Mother, Knight, Explorer, Joker, Marytr, Pioneer and the list goes on. Now keeping in mind that these archetypes are 'neutral' forces 'until' we breathe air into them. This 'air' that we breathe into an archetype could play out in our life as either a 'positive force' or a 'shadow force'. When you are conscious on what your (12) main archetypes are, you are able to consciously make decisions on improving every single area of your life, you will 'know' what is your next best step no questions asked.

If we wish to create a balance of energy in our lives, it is imperative we recognize and acknowledge both the positive and shadow force part of the archetype in order to clarify or come to an understanding of what the potential can be found within each archetype that you are living out right now. Acknowledging this duality for each of your archetypes will enable you to turn your fears into strengths, un-clarity into clarity.

To help clarify, every person has 12 archetypes. 4 main archetypes (child, victim, prostitute and saboteur) the other 8 archetypes are chosen by you from the list of 176+ to represent which archetype closely resonates you right now. Now let's choose 1 of the 4 main archetypes we all have, let's say child. When you think of a situation at work where you are feeling like you are not appreciated for your hard work, time and effort – how will your 'child' archetype play out in this situation? A 'shadow force child' archetype would play out as a someone who would chuck a tantrum, refuse to 'play' the game, be nasty, talk behind the managers back, pretty much create havoc in the office, whereas a 'positive force child' would see through different eyes, they would not let it get to them by shrugging it off, or just be completely honest, share their thoughts of disgruntlement to their manager. If you have children, you know that one of their greatest gifts at that age is of 'truth' and 'honesty', they pretty much call it like it is.

Archetypes also ties in incredibly well with the wheel of life, astrology, chakras and the 12 stages of transformation. When you see an Archetype consultant, they will turn help you choose your 8 archetypes that most best represents your lifestyle right now and in turn guide you to have more clarity on both the positive and shadow traits, guide you into reading your wheel of life in cohesion with astrology, chakras and the 12 stages of transformation. By doing this you are able to clearly see your life purpose and formidable contract that will help clarify your next best step in life and what lessons you have learnt in the past to make the best decisions for your future. Knowing your archetypes helps you confirm you are on the right track at the right time on your journey through life.