

.KENT connexions

Inside this edition

Directory of Therapists
& Practitioners

Medical **Herbalism** - Whitstable

Hypnobirthing:
Hypnosis in Pregnancy and Childbirth

Aura Reading,
Karmic and past life imprints

Ear Candles - Myth or Marvel?

Empower yourself....
...and get your goals

Shamanics is a way of life

From Survive to **Thrive**

July to September **Astrology**

Holistic Veterinary Care

Workshops

Events

Courses

Groups

A guide to alternative
and complementary
therapy for over 20
years with 10,000
readers across Kent

Kent
CONNEXIONS



Counselling and Psychotherapy in Kent and Harley Street

For Adults, Children, Adolescents and Families

Experience in Life and Relationships can leave anyone feeling stuck, wounded or confused

Therapy can be a healing process through talking, play therapy, sandplay and other creative approaches.

We offer an emotionally holding therapeutic experience for Children, Adolescents, Adults, Couples and Families, where you may engage in deepening your understanding of yourself, your relationships and your experiences in life.

Therapy provides an opportunity to heal very painful, sometimes traumatising experiences and relationships and to address what may feel like overwhelming feelings and circumstances in your own way and at your own pace.

Sasha Rosen, MA, UKAHP, UKCP

Colm O'Hanrahan, MBACP (Accred) Reg. 011078

Email: AlchemyPsychotherapy@gmail.com

Tel: 07891 311 583

Number 11 Therapy Centre



11 MICKLEBURGH HILL,
HERNE BAY, CT6 6AA

Tel/Fax: **01227 360294**

dimensions@btinternet.com

- ★ INDIAN HEAD MASSAGE
- ★ COUNSELLING
- ★ HEALING
- ★ GUIDANCE
- ★ MEDITATION

www.number11therapycentre.co.uk



**SPIRITUAL
ENERGY**

- Remote clearing of the Akashic Records (Soul Clearings)
- Spiritual Coaching (via Skype or Phone)
- Reiki Treatments
- Reiki Courses
- Past Life Regression

Details and prices of the above treatments can be found at:

www.spiritual-energy.com

Stephane Burton

Reiki Master & Holy Fire Karuna Reiki® Master SRT
Practitioner ITEC Dip & ADV. DPLR
Member of Complementary and Natural Healthcare
Council (recognised by NHS)

Welcome to



Contents

Hypnobirthing: Hypnosis in Pregnancy and Childbirth	4-5
From Survive to Thrive	8-9
Shamanice is a way of life	12-13
Ear Candles - Myth or Marvel?	14
Empower yourself...and get your goal	15
Aura Reading, Karmic and past life impacts	17
July-September Astrology	19
Diary Dates	20
Courses & Groups	21
Directory	22-27
Medical Herbalism is alive and kicking in Whitstable	28-29



4-5



14



17

Welcome to Your New Look **Kent Connexions**

Kent Connexions is published by Designbox Studio Limited. We would like to take this opportunity to welcome you to this, the second edition of a brand new look magazine.

Kent Connexions has been a leading light across the County for over twenty years for seekers of alternative solutions to physical, spiritual or emotional unease.

Our intention is to inform, guide and inspire you to explore the many and varied alternative therapeutic options that are available in Kent today.

We would love to hear your views, ideas or discoveries and invite you to email us for inclusion in our future Readers Letters Page.

Wishing you peace and good fortune, The Editor

Email: studio@kentconnexions.com

Advertising Rates *(Artwork costs included in price, full colour throughout)*

Advert size	Eighth Page 65mm x 45mm deep	Quarter Page 94mm x 95mm deep	Half Page 134mm x 95mm deep	Full Page 134mm x 106mm deep
Inside front cover				
1 issue	£58.00	£88.00	£165.00	£266.00
2 issues 10% discount	£104.00	£158.00	£297.00	£478.00
3 issues 15% discount	£148.00	£234.00	£420.00	£675.00
4 issues 20% discount	£185.00	£281.00	£528.00	£851.00
Inside pages				
1 issue	£63.00	£75.00	£138.00	£237.00
2 issues 10% discount	£95.00	£135.00	£248.00	£426.00
3 issues 15% discount	£135.00	£224.00	£351.00	£604.00
4 issues 20% discount	£180.00	£240.00	£441.00	£758.00
Back cover				
1 issue	£68.00	£98.00	£168.00	£288.00
2 issues 10% discount	£132.00	£176.00	£302.00	£518.00
3 issues 15% discount	£175.00	£240.00	£428.00	£734.00
4 issues 20% discount	£217.00	£293.00	£537.00	£921.00

LINEAGE ADVERTISEMENTS

DIARY DATES: £15 for 1 issue/£48 for 4 issues
One-off workshops, retreats, lectures, seminars, talks etc.

Entries may include date, title, description, venue and contact details.
Maximum of 7 lines (75 characters per line)

COURSES AND CLASSES: £15 for 1 issue/£48 for 4 issues

A progressive series, requiring attendance from the start.

Entries may include start date, title, description, venue and contact details.
Maximum of 7 lines (75 characters per line)

OPEN AND ONGOING GROUPS: £15 for 1 issue/£48 for 4 issues

Regular meetings which can be joined at any time.

Entries include day of meetings, title, description, venue and contact details.
Maximum of 7 lines (75 characters per line)

DIRECTORY OF THERAPISTS AND NATURAL HEALTH CENTRES:

£15 for 1 issue/£48 for 4 issues (per heading)

Entries may include name, qualifications, description and contact details.

Maximum of 7 lines (75 characters per line)

If you are interested in stocking Kent Connexions it would be greatly appreciated.
Please contact us on **01622 757111** or email: **studio@kentconnexions.com**

Kent Connexions and / or individual contributors. All rights reserved. No part of this publication, whether words or pictures, may be reproduced in any way or form without written permission of the editors.

The inclusion of any advertisement or article does not constitute a recommendation, and does not necessarily reflect the views and interests of the editors, who reserve the right to refuse any material. We would advise that readers should satisfy themselves of the integrity of any practitioner or advertiser when making contact with them.

Whilst we take care in producing this publication, Kent Connexions cannot accept responsibility for any errors or omissions.

Thanks to everyone who got in touch with us and gave their (very positive!) views on the magazine.

All greatly appreciated.



The first 5 reviews that we received will be sent a copy of Geoff Harts book.

It was great to meet you yesterday, I really appreciated you calling round personally to deliver your first edition of Kent Connexions.

I am very pleased with how efficient you have been in producing this special and valuable magazine and how you have listened to my requests and suggestions and been flexible and trusting about our new dealings. *Long may it continue.*

I expect that your good work will bring results for all of us advertising with the magazine and look forward to watching its following grow.

So good luck with you new venture and look forward to speaking to you about the next edition.
Kind regards Tania Waller

Just picked up one of your FREE magazines at my local farm shop and have spent an afternoon reading through it. I just wanted to let you know how interesting it is.

It's full of useful information, articles and advertisements. All in colour as well !! Keep it coming and well done. I look forward to your next issue.
regards
Sue Williams

I have today received 50 copies of the magazine for distribution and just wanted to say a huge thank you for the wonderful new layout and content. It looks so much more professional and interesting and I will definitely be advertising regularly in it.
Thanks especially for the amazing job you have also done with my article. I am so pleased.
Theresa Borg

As promised after our discussion a while ago, I have managed to write another article for your magazine. I am getting good reaction from the current issue featuring my article on Tarot.
Best Wishes Erica Longdon

Great reading!
Picked up your magazine from my local library and found it very enlightening and gave me a good contact for a condition that I have had for a long time.

Looking forward to the next edition.
Best regards Matthew Carleton

Hypnobirthing: Hypnosis in Pregnancy and Childbirth

Hypnobirthing is a natural childbirth programme which uses hypnosis, visualisation, relaxation and breathing techniques to create natural anaesthesia. This reduces fear, anxiety and pain from the birthing experience.

Hypnobirthing allows you discover and experience the joy of birth and to learn how to release the fears and anxieties you may currently have about giving birth. Hypnotic techniques aim to teach you ways to stay in control and calm during labour and birth. Using hypnosis in labour can result in a shorter first stage labour and less intense pain.

The ideal time to start classes is between 25 weeks and 29 weeks of pregnancy. This will allow you ample time to practise. If you are already past this stage you may still benefit from classes in your last few weeks of pregnancy.

What will you learn at Hypnobirthing sessions?

Deep relaxation techniques and self-hypnosis. These methods can help you to stay alert, but at the same time shut out the world and focus on your body. Hypnobirthing techniques can help you cope with labour and to control or reduce pain without drugs. Visualisation exercises and breathing techniques help to keep you grounded, serene and positive. Increased knowledge and awareness of the process that your body is going through.

Understanding the biology of birth will put you in control of your birthing experience. During labour stress hormones (adrenaline) will flood your body. Adrenaline reduces the blood flow to your uterus (womb) and digestive system. Instead, your blood flows more readily to the large muscles in your limbs so that you're ready to fight or run away (!)





may be there in the room with you, but find it hard to understand what you're going through. However in Hypnobirthing classes, your birth partner will be involved and will learn alongside you. The Hypnobirthing Practitioner will give you both techniques to practise. The idea is that you become so used to the techniques, it's easy for you to bring them to mind when you need them.

As a result, the muscles of your uterus will work less well, because they are deprived of blood and oxygen. This can make labour harder and longer. Your baby will be getting less oxygen too. The hormone that eases labour, oxytocin is less likely to be released. Stress hormones stop your body producing oxytocin. At the same time fewer of the natural hormones (endorphins) which help mother and baby to relax are produced.

Controlling your feelings through self-hypnosis can help you to prevent these stress responses from being triggered.

Hypnobirthing techniques will help you to keep higher levels of oxygen in your body because of the special breathing techniques taught. This in turn reduces your need for pain-relieving drugs and increases your chance of having a straight forward birth. The result is that you can stay focused and in tune with your body and baby. Additional reported benefits for the new mother are that she will sleep better, feel healthier, heal quickly and recover faster.

Birth partners can sometimes feel outside the experience of labour and birth. They

Once labour starts, keeping focused can help you and your partner stay as close as you can to your birthing plan. As a result of this, giving birth is an exciting and joyful experience.

Hypnobirthing Options

For mother and birth partner – private sessions with Hypnobirthing Practitioner

4 sessions of 60 minutes are recommended. Includes comprehensive material, Hypnosis birthing support cd.

1 Day Workshop (for small groups of expectant mothers, fathers, birth partners). Includes comprehensive workshop material and Hypnosis support cd's. Workshops: at the Holistic Centre, Broome Park Estate, Barham, Canterbury, Kent. CT4 6QX

Contact Details:

Ann Hamilton - MA. BSc. Hons. DAHP. Dip EMDR. Dip Hypnobirthing. GHR. GQHP. CNHC MIACHT. MAAMET. UKRF.
info@artemishypnotherapy.com
www.artemishypnotherapy.com
 0751 0222827





Betty Clarke CI.Hom. BFD Dip.

INSIDE OUT HEALTHCARE CLINIC

*Clinic of biological &
complementary medicine*

- Diagnostic Testing
- Allergy
- Intolerance & Phenolics Testing
- Homotoxicology
- Clinical & Complex Homeopathy
- Chronic Fatigue Syndrome
- Virus, Bacteria
- Parasites & Fungal Conditions
- Respiratory & Breathing Disorders
- Cystic Fibrosis
- Rhinitis, Hypertension
- Circulation Disorders
- Arthritis, Rheumatism
- Skin Problems
- Fibromyalgia
- ME, Lymes & Lupus
- Glandular Fever, Tiredness
- Colitis, IBS
- Endometriosis, Miscarriage
- Kidney & Urinary Problems
- Prostatitis
- Gum & Eye Disease
- And Much More!

Every health condition has a root cause!
We treat the cause not just the symptom!

By appointment only: **01732 810613**
Email: bettyclarke@btconnect.com



**Gifts and
Events for the
Mind, Body
and Spirit**

- Crystals ● Incense ● Deity statues ● Candles and more
- Tarot Readings ● Angel/Goddess Readings ● Reiki ● Massage
- Room available for hire

43a St Peters Street, Canterbury CT1 2BG
www.puremagik.co.uk
01227 780000



Handfasting

The joining of two people in a sacred ancient marriage ceremony.

“The Binding of Hands”
 “Jumping the Broom”



“Baby Naming”
 A non-religious but spiritual ceremony to enable a child to find their own pathway in life. ‘To bestow a name on a child defines their identity’

“Tarot Readings” / “Spell Craft”
 “Workshops & Rituals”

mayevz@bluzyonder.co.uk
 www.mayevz.co.uk

Miranda of Margate Palmist

07550 077273 by appointment only
 Readings at:



Postcode CT9 1HD

- Tasseomancy ● Crystal Ball
 - Runes & Cards
- £10 Short Reading £20 Long Reading

www.macalevy-magic.co.uk
 email: **MacalevyMagic@gmail.com**

From Survive to Thrive



By Pippa King

We are all, the earth included, moving into a higher level of consciousness, a lighter, brighter way of living through the heart centre with a

deeper sense of oneness. Although this change has been well under way for quite some time now, it has been and continues to be a roller coaster. The changes have been very fast, just as we get used to one wave of energy the next one hits and everything is turned upside down again.

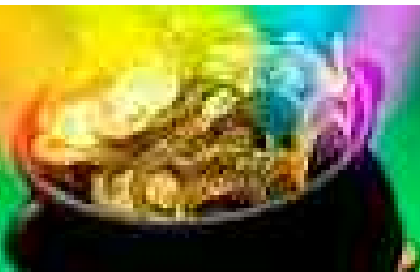
You may have experienced these changes as aches and pains, extreme fatigue for no apparent reason, intense bursts of emotions, old emotions and events resurfacing for healing or big life changes. Although it may not seem like it these are all positive as your whole mind, body and energetic system adjust to this new lighter, brighter way of being.

And guess what? We can't take our old, dense, heavy baggage with us, it has to go! So as the earth and humanity become lighter, anything we are holding onto that no longer serves us is feeling more heavy

and intense until it is released. Picture a train that is setting off to a beautiful place of love, support and abundance, if you are still carrying heavy bags of 'stuff' you can't get the bags through the doors of the train, you have to let them go to reach the destination. If you find yourself staying in a situation, such as work, relationship, etc that is not in alignment with your life purpose and who you truly are you will find it increasingly dense and draining to remain there until you listen to your inner freedom and act on it.

But is this a new energy we are moving into? Or is it more that we are remembering who we truly are, beings of light and love, connected through the heart. The shifts in the universe have lifted a veil of forgetfulness and illusionary separation, allowing us to wake up and remember that we are all powerful creators in our own right; we are pure consciousness experiencing physical form. We are coming into alignment with our higher selves, bringing the highest expression of who we are truly together with our physical form to experience joy, expression, ease and abundance.

We are moving out of the struggle, survival story of the past few thousand years into a



Born to Thrive

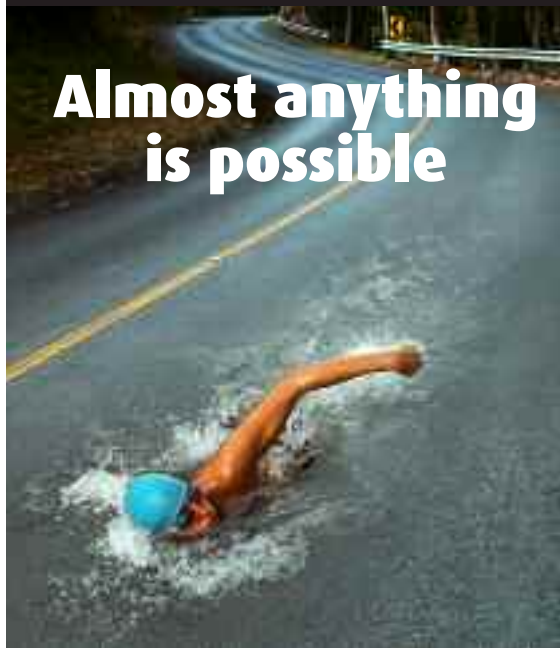


time of thriving and flourishing. We are remembering we are a soul with a higher perspective and that we are not our stories. As we release attachments to our stories and pains as our identity, that have kept us trapped in them, we become free to be all we can be.

I run regular courses, workshops and sessions such as Theta Healing®, 9D Clearing, Emotional Detox and Light Codes that allow you to release limiting beliefs and emotions without having to revisit them, to step beyond your soul's story and see the bigger picture of who you truly are, a light, bright, spark of love and light. For more information visit:
www.livetheta.co.uk / info@livetheta.co.uk



Almost anything is possible



● **Design** ● **Artwork** ● **Print**

Do you need a new business card, leaflet, brochure, display stand or website?

Please take a peek at our portfolio for a snapshot of what we can do, or get in touch to discuss your specific needs.

www.designbox.org.uk

Tel: 01622 757111

Email: info@designbox.org.uk

How to Conquer Stress . . . without even trying!

Peace of mind, Happiness, Energy & Creativity

We recommend you sit on a chair to meditate!

Up to **50% OFF** Standard Course Fees

Authentic Transcendental Meditation

Just a few minutes sitting quietly each day brings profound rest to refresh and revitalise mind and body

Benefits indicated by scientific research include:

- Improved Sleep
- Sports Performance
- Memory, Energy, Creativity, Intelligence
- Stronger Immune System
- Self-Confidence
- Clearer Thinking
- Reduced Anxiety and Depression
- Faster Reactions
- Improved Relationships
- Reduced risk of Heart Disease
- Reduced use of Alcohol, Cigarettes & Drugs
- Relief from Migraines, Headaches & Asthma
- Reduced Cholesterol
- Reversal of Ageing
- Normalisation of Blood Pressure
- Relief from Fatigue



Simple, Effortless, Yoga for the Mind

Includes **FREE** support and guidance **FOR LIFE**

- EXPERIENCED, ACCREDITED TEACHERS
- INDIVIDUAL INSTRUCTION, FOLLOWED BY FASCINATING 3-STEP COURSE
- PRACTISED BY SIX MILLION PEOPLE, INCLUDING 25,000 DOCTORS

**FREE
INFO
PACK**

Regular residential courses at Oxon Hoath near Tonbridge (and non-residential courses in Thanet and Rochester)

info@meditationtrust.com
www.meditationtrust.com
or call **01843 841010**

Office Hours:
9am-4pm, Mon-Fri

The
MEDITATION
TRUST (Charity No. 1081218)

Helen Bartlett
0798 007 3245

TREE OF LIFE READER

E.F.T.
Therapist

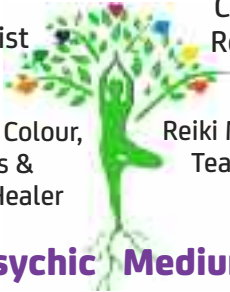
Colour
Reader

Crystal, Colour,
Magnets &
Sound Healer

Reiki Master
Teacher &
Healer

Psychic Medium

Email: soul2heal@yahoo.com
www.soul2heal.com



If you would like to
advertise in
Kent Connexions please
contact: 01622 757111



Thought Field Therapy & Parts Field Therapy

Have you ever experienced a trauma?
Actually, most of us have, many times in our lifetime.
Get ready to release your traumatic events with ease.
If you have ever wanted to feel better, lighter, happier, and
embody more energy, let us help you surpass your
expectations and take you on a journey of a lifetime!

*Through a combination of Thought Field & Parts Field
Therapy we can help you release:*

- ~ Childhood & present trauma
- ~ Anxiety Attacks
- ~ Low Self-esteem & Lack of Self Confidence & Motivation
- ~ Depression & Addictions
- ~ Fear & Phobias
- ~ And much more...

*For more information call us on 07771524 991 or
0845 050 9677.*

Clinics held at Chatham, Kent
www.azure-therapies.co.uk
enquiries@azure-therapies.co.uk

Shamanics is a way of life

Shamanics is a word that has been tainted with misunderstandings borne from ignorance, fear and misconceptions of what is perceived as the supernatural through the civilised intelligence of the human mind and religious intolerance. Stripped of these tainting's Shamanics is essentially Shamanism for modern times and is a natural way to bring all parts of ourselves into a harmonious balance - the physical, emotional, mental and spiritual.

Shamanics is a natural, evolving personal development process that leads to more inner peace, fine tunes discernment, and promotes a deeper self-empowerment. It also develops and cultivates a deeper relationship with your inner self, enabling us to face and overcome the stresses and challenges we face from modern day life with a neutral discernment and a refined strength. Shamanism is over 2,000 years old and originates from the Tundus region of Siberia. The word Shaman has been translated as meaning one who knows but I prefer another translation as one who knows ecstasy, because during a shamanic journey the Shaman would often reach a spiritual ecstasy during the journey.

The word Shaman can also translate to mean one who remembers, for a Shaman would remember the resonance of the spiritual planes and would be comfortable in that energy and may even retain ancestral memories of living before. A Shaman would be aware that everything

in existence is alive and has an awareness that can be communicated with the Shamans own awareness, so from a Shamans perspective everything in existence should be treated with respect, be it a fish, insect, animal, bird, stone, crystal, plant or a tree. The Shaman would be aware that these different awareness's could be considered not just as relatives in the American Indian tradition but also as valuable allies that could assist him on his journeys.

The Shaman would undertake an apprenticeship lasting several years during which the apprentice would learn how to move his awareness from the everyday world of ordinary reality to the spiritual planes termed non-ordinary reality by the beating of a drum or the shaking of a rattle so as to carry out a specific task before returning to ordinary reality. The apprentice would also become familiar with their own Allies be it a Power Animal, a Tree, Crystal or an Ancestral Guide, Guardian, Teacher and Protector. These Allies would provide assistance, support and protection during Shamanic journeys but also in their own personal everyday lives. The apprentice would be alert to synchronicities and communications whilst out in nature, during meditations and their dreams.

As the apprentice became more experienced they would journey on behalf of another tribal member for a healing or to retrieve something of significance on behalf



of the tribal member being treated, such as an energy pattern (power animal) or even retrieving a seemingly lost part such as a life energy before restoring the energy back into the 'patient'. Now that tribal systems have been dismantled and we no longer live in large communities, now is the time to become our own Shaman and take responsibility of our own inner healing and allowing our inner selves or spirit more input into our daily lives.

The motivation would be one of love and harmony or more appropriately harmonious balance rather than one of manipulation and control. Shamanics facilitates and supports the gradual transition from living via the mind and the head of the 3D world of ordinary reality to perceiving with one's own awareness which would include overcoming the little i or the ego that thinks and acts like it is the big i and allowing the true big i that is the Higher self to have more of an influence in one's own personal life when making major decisions. Shamanics develops intuition and discernment so one learns to recognise when an influence or a prompting is coming from the little i or the true big i and respond accordingly.

The transition would include the movement of everyday awareness from the head to the heart sometimes referred to as the Way with Heart or the Way of Ways and perceiving life through the eyes of the heart rather than the eyes of the head. The apprentice would discover that their biggest opponent was themselves and would learn how best to resolve any barriers to their progress. Shamanics is a way of gaining knowledge, guidance,

wisdom and knowingness by a doing. It is a way of having spiritual experiences whilst engaged in ordinary everyday activities and the journey has no end.

Towards the end of their apprenticeship they would discover that their focus had become one of being and experiencing their life more in the Now rather than being held back by past hurts and traumas and they may even be aware that they had turned themselves inside out.. By Being in the Now with the mind in neutral, progress and evolvment would occur in the blink of an eye and would reverberate throughout the whole of their Being. Once the apprenticeship was completed and they 'graduated', the journey continued as the challenge now would be to live in balance for the rest of their days.

Shamanics is one way to support this transition from apprentice to graduate and requires courage, determination, a commitment to oneself to be true to oneself, focus, discernment and focused empowerment. The Way with Heart is one of love, unconditionality, harmony, joy and surrender with no boundaries or limitations, a return to grace, whole, complete, united, knowing WE CAN now learn experience and grow in a whole new way, the Easy Way, a Being Way, a Way of Being.

So Shamanics is a way of life, a way to be and by gaining experience and wisdom for ourselves and thus becoming more in-tune with ourselves we become more harmoniously empowered and our lives become spiritually richer, It is a Way to Be. Anrew Sage, andrewsage@live.co.uk Tel: 0770 6774005



Ear Candles

- Myth or Marvel?



When a therapist lights a candle and puts it at the top of the ear canal, the heat pulls wax up out of the ear? Pure myth. It doesn't, and yet so many people have been lead to believe that is how they work. While we are here, let's explode some other misconceptions. The candle wax might drip down into your ear; you might get burned: they were invented by the Hopi native Americans.

Now, let's get down to facts. The candles do not pull wax out of your ear. The candles I use have filters on the bottom so wax could not possibly be pulled out, nor can anything from the candle drop in. They do, however, create a gentle heat circulation and vacuum. The heat massages the outer ear and softens the wax allowing the ear to do what it does naturally, expel the wax (usually a day or so later).

The vapours or smoke massage the ear drum and can pass through the porous membrane to the inner ear. It interacts with the body's energy meridians in the region stimulating balance and healing. For this reason, they can be effective in cases when the Eustachian tube, which links the inner ear to the throat, is blocked. That's what happens when your ears hurt when flying and why swallowing usually corrects the imbalance. If the tube is blocked your hearing remains impaired. During treatment, either the therapist's hand, or a specially designed heat resistant plate is between you and the candle so you are fully protected. And as for the Hopi tribe, they are renowned healers and despite the fact they could have claimed - and no doubt patented - the treatment, they have said the image which gave rise to the claim was actually a warrior with a lighted spear and not one of their healers with a candle! The Romans and ancient Egyptians were also known to use candles.

So what can you expect from an ear candle treatment? A candle takes about ten minutes to burn on each side. It is so gentle it can be used on anyone. I have candled children and someone in their nineties. It is extremely pleasant and relaxing, plus the herbal and beeswax vapours are breathed in to aid the sinuses. A treatment is followed by a face and ear massage to further stimulate healing and return the body back to natural healthy balance. This is enhanced when used with Reiki during the candling. Being in balance and health is the best we can ever be, which is pretty marvellous!



ERICA LONGDON –
appointments available at
Headcorn Natural Health
01622 890803

Empower yourself...and get your goals

Although we may not realise, we already set goals and make life choices. Remember the time you wanted something replaced, perhaps a room decorated before a Celebration or maybe wanted to get fitter or slimmer for a holiday?

This 10 step guide shows how to set and achieve your goals, small or BIG!

1. Begin by writing down all the goals you would like to achieve. They might include health, work, relationships, finances, work life balance, a new experience, or something in your life you want to change.

Before you read on, please do jot them down, as those who write personal goals are 10 times more likely of achieving success. (Harvard University study)

2. Now select a goal that is key to your overall plan, a major focus - One that can give you a win over the next 3 to 6 months. This goal must be realistic and specific and fit with your personal values.

Write this goal on a separate sheet or a postcard that you can look at daily. Written in a positive and personal sentence and in present tense. For example, something like, *"I am pleased now that..."*, or, *"I enjoy my life now that..."*. Also, as we think in pictures, find pictures that will help, maybe start a vision board.

3. List ALL the actions you could take to move yourself closer to this goal. Review the list, then choose the best options that will work for you.

4. Next to your chosen actions place a time by which you want to have achieved that particular task. For example, tomorrow by 6pm or in two weeks, by 10th Aug etc.

5. What resources might you need to achieve your action plan? What support could help? Can you share the goal with a close friend? Do you require some training, or to learn a new skill? Maybe explore other areas of learning, CD's, success stories, and web information that could help you stay motivated and keep you on track.

6. Now you are committed to your Goal, start to get excited and visualise success. Picture in your mind's eye, how things will be for you when you have achieved it. What will you see, hear, feel? What will have changed? The more you feel the emotion and energy of success, the more powerful your unconscious thoughts will help to bring them about.

7. Take positive action straight away. Break the goal into manageable segments that will move you forward and encourage you. Do something every day however small, that will move you closer to where you want to be. 0 effort = 0 result.

8. Review your goals regularly, chart your progress, and enjoy each success, being aware of what you are learning about yourself. Congratulate yourself on your progress.

9. Celebrate each goal as they happen. Enjoy the journey and set new goals as you create the life you want.

10. Share your success with others, be an inspiration! Your positive energy will attract!



Take control of your life!

Tailor made therapy solutions to help you to get to the **root cause** of your emotional or psychological distress to resolve it.

Anxiety, anger management, stopping smoking, relationship difficulties, weight management, phobias, amongst many others can be addressed with this **calm, relaxing and transformational therapy**.

Contact Artemis Hypnotherapy for a one to one consultation to release, rebalance and resolve your issues.



info@artemishypnotherapy.com

www.artemishypnotherapy.com Ann Hamilton: 07510222827



Food for Health

Welcome to Stanhill Farm. We are a family run farm in Wilmington, Kent. Our farm has a shop which is open all year round, a seasonal Pick Your Own and an Online Farm Shop where we will deliver straight to your door.

Growing at the moment... flower sprouts, cabbage, purple sprouting broccoli, parsnips and more. We stock local honey, coconut oil, fresh fruit, PYO in the summer months. Visit our website where you can order what ever you like.

Stanhill Farm

Birchwood Road, Wilmington, Dartford Kent, DA2 7HD

Tel: 01322 669711

www.stanhillfarm.co.uk/boxmaster/shop

Aura Reading, Karmic and past life imprints

Are you stuck in a job or relationship that is not beneficial for your health and happiness but cannot seem to find the motivation to leave?

Are you unable to work out why things never seem to go the way that you had hoped?

Are you feeling stuck in life? Do you have unexplained fears and phobias?

Auric reading can help you to discover why!



The auric field around the hands- Kirlian photography

The energy field around you includes a whole host of information about the flow of energy that may be affecting your health, wealth and well-being. It also includes information and belief patterns that may be affecting a person's mental well-being, emotional state and karmic patterns (imprints) that may be playing a negative role in the life today. Karmic patterns are those beliefs, behaviours or health issues that appear to have no root in the current life. An unexplained fear of crossing a bridge for example, if one has never had a trigger event such as a traumatic bridge crossing in this life-time.,

The ability to see an individual's aura is considered a psychic skill and it will often be 'seen' as colours. Colours are the brain's interpretation of vibrational frequency. We as human beings are always in an oscillating state of different frequencies which we will interpret as moods. We have phrases in everyday use that reflects this in a simple way. Often we may say that we are 'feeling blue, down or low' for a low frequency energy state to 'feeling high, in high spirits or in the pink' for a high, excited frequency state.

The body's natural energy system which runs along the spine and into the head is

called The Chakra system. Each Chakra is depicted as a certain colour. Colour is the brain's interpretation or translation of a certain frequency or vibration. I will use, therefore, your Chakra system as a bridge to the reading of your auric imprint. By scanning each Chakra I am able to pick up current, karmic and past life information that may be affecting you today.

I have personally developed and trialled this amazing new service to tune into the client's auric field and to be able to directly access clues to the inner root of any deep and perhaps unexplained mental or physical health issues. By tuning into the aura it is possible to see what the karmic, past life or current day themes are which may be causing, contributing to or indeed be feeding a habitual pattern of being unable to move forward, being lost or not worthy.

After your reading I will create a short past life reading for you which, after your time reflecting on this, we will integrate into healing and understanding for the life today. It is also advisable to clear whatever energy, beliefs or karmic traces are discovered on a physical, mental and psychic level and thus after your reading, a hands on healing session will be offered.

Theresa Borg BA (hons) DHP DCH MPLTA
If you are interested in this service please see www.auricreading.co.uk or contact me direct on Borgter@gmail.com

July to September

JULY

The new moon at 12 54 Cancer on 4/7/16 may inspire feelings and the energy for fresh creativity this month. The child in all of us may be looking for self expression as the summer brings opportunity for some different activities where we can share with others and enjoy some fun and new experiences in our lives.

The full moon at 27 40 Capricorn on 19/7/16 has the potential to show us how we have grown since the new moon and could allow for some reflections on our new endeavours whether spent with others or looking at our own experience of life currently.

The full moon towards the end of the month may create sensitivity in those with a birthday around that time, but Uranus moves into retrograde on 29/7/16 at 24 30 of Aries and this may encourage that feeling of confidence and need for freedom in following new pursuits, to see what meaning they may have in our lives.

AUGUST

The new moon on 2/8/16 at 10 58 Leo may provide the fire which could inspire further investigations into the fabric of our lives and how we may better express ourselves and explore new areas of interest. As we

move towards the full moon then the strength of Leo could sustain our reflections on the shape of our lives currently.

The full moon on 18/8/16 at 25 52 Aquarius may promote a different outcome to what we had expected but sometimes something we had not thought of or planned could be welcome and provide the seeds of new ideas about the direction our life may take in the future. Those with birthdays this month may feel energised by the sun in Leo and surprised about how the universe often provides an alternative opportunity to look at current circumstances with fresh eyes.

This month two other planets assist us in our deliberations. First Saturn moves direct at 09 46 Sagittarius on 13/8/16 and this may allow for movement in the structure of our daily lives. It has been retrograde for just over 4 months and as the builder and handy man of the Zodiac, Saturn may play a strong part in renovating the old and building the new in the overall plans we may have currently on hold.

Then on 29/8/16 Mercury moves into retrograde at 14 49 Virgo for about three weeks giving us the ability to seek out unsolved issues and possibly move these forwards whilst also coming across old friends and places also. As it is in Virgo

2016 Astrology

then this could be like hoovering out a dusty room and the detail which surfaces may clear the air in relationships especially.

SEPTEMBER

The new moon solar eclipse at 09 21 Virgo on 01/09/16 may bring the possibility of moving on in a way which clears the way for further developments and as autumn approaches then we can let go of those things which no longer serve us well, with due reflection but also more confidence.

The full moon lunar eclipse at 24 20 Pisces may symbolise swimming in new waters prior to acting on our research of new projects. Often an emotional time when we need to relax and not take on too much, it could also bring lots of inspiration to some of us and a growing awareness of how we feel in regard to people and events in our lives. Eclipses may provide times in which we may shift from the old into the new, transforming and evolving ourselves in the process.

Mercury will move direct at 14 49 Virgo on 22/09/16 and Pluto also is direct on 26/09/16 at 14 55 Capricorn. These two planets affecting communication and how we feel deeply about the changes in our lives, are both in earth signs so practical ideas and down to earth words may help

us explain to others where we now stand and how we hope to give life to our plans for the future.

This month Jupiter will move from Virgo where it has been for the last year, into the sign of Libra and the energy for growth, encouragement and expansion moves into this relating sign. Whilst in Virgo the practical detail of processes in which we sought to grow may have been of the utmost importance. Jupiter in Libra may now release all that inner growth into new relating experiences for us to test our new knowledge and enjoy new life as the opportunities arise.



I have been working as an astrologer for 23 years with customers from around the UK and the world. I studied with Margaret Koolman originally, also teaching astrology and writing articles for many periodicals including Prediction magazine. My contact numbers are 01303 210754 and 07714 259214.

Cathy Tredgett

What is a Holistic Vet?



Vicky Payne
BVetMed MRCVS

As a holistic vet we use acupuncture, diet, physical therapy, herbal medicines, and our understanding of animal behaviour,

alongside conventional veterinary medicine, to help pets stay as well as possible. In future issues of Kent Connexions I will describe evidence showing how effective these are, and how they work. This issue we will look at summer fun outdoors, and the potential problems and solutions for pets.

Even short journeys can cause distress. A car boot can be noisy, so if secured in a box, or with a car harness, the back seat or front foot well may be better. Some pets prefer to see out and others prefer a covered crate. There are several supplements which can help calm pets without sedating them, and also pheromone sprays or collars. Ginger is a useful herb for mild travel sickness, and see your vet for travel supplements for more severe cases.

Be careful not to take a dog on walks, or play too energetically on hot days. Dogs only lose heat by panting, which is less effective on humid days. Early heatstroke symptoms include heavy panting or staggering. Cool an overheated dog with running water, and offer small drinks of tepid water. See a vet if the dog has collapsed or doesn't recover quickly. Dog

ice lollies made from safe food treats are fun, but not for overheated dogs as they may cause cramp and vomiting.

There are many products both natural or chemical, to treat fleas and ticks. Vets will advise on the pet's risk level, and the most suitable treatment. Most natural products need to be applied at least once a week, and can be toxic to cats, so read instructions carefully.

Next issue we will talk about de-sensitisation techniques, successful for loud noise stress in general. However atmospheric pressures makes thunder storms more difficult. Calming supplements and pheromones can help, but wraps and specially designed t-shirts which 'hug' an animal can calm it. Do get your pet used to wearing the wrap or shirt by putting it on them at random times before hand.



Courses & Groups



Barbara Hussong

Mindfulness - Stress Reduction through Awareness. 8-week course in small groups on Wednesday evenings; training in being present from moment-to-moment; recognising and stepping out of automatic patterns and learning how to cope better with stress, anxiety, long-term illness or pain. Regular home practice supported by CDs and workbook is essential. Individual face-to-face and distance learning also possible.

Contact: Barbara Hussong on 01622 670587 and at www.barbarahussong.co.uk

Venue: Maidstone **Fee:** From £250.00 (some concs.)

Theresa Borg - Group Life Coaching in Bromley

A small, informal group to which you may bring any issue that you want help with. Run by a professional life coach, teacher and therapist. Only £40 for 5 sessions. Wednesdays 7.00-8.30pm
Classes and retreats available. www.positivelyjoyous.com

Tel: 07817 217085 **Email:** Borgter@gmail.com

Diary Dates

Shamanics Workshops – Various Days An introduction to Shamanics and how to apply it to all aspects of everyday life. The workshops will include the opportunity to experience Shamanic journeys and how to use them to receive answers to personal questions you may have about your everyday life. This will include connecting with your own personal allies, drumming, rattling, working with crystals and the gentle resolution of Ancestral issues. Private consultations available by appointment.
Dates and Venues to be confirmed.

Contact details Andrew Sage 07706774005 or andrewsage@live.co.uk

Theta Healing Basic Course, 23rd-25th Sept 2016, Lenham

Theta Healing Basic Course. An amazing opportunity for personal growth and healing, private sessions available via skype. Learn how to instantly release blocks, fears and limiting beliefs, become an intuitive healer in 3 days.

www.livetheta.co.uk info@livetheta.co.uk 01622 370774

Psychic Fayre: Saturday 6th August 2016

Aura Photography, Mediumship, Psychic & Tarot Readings, Angel Card Readings, Reflexology + A variety of stalls, including one of the biggest Crystal stalls in Kent + Refreshments + Disabled facilities
Venue: Wainscott Memorial Hall, Holly Road, Wainscott, Nr. Strood Kent ME2 4LG

Time: 12pm-5pm Entrance fee: £3 **Contact: May 01634 727986**

Directory

Professional Therapists and Practitioners in Kent

Analytical Hypnotherapy & Psychotherapy

ARTEMIS HYPNOTHERAPY

ANN HAMILTON: MA, BSc Hons, DAHP, GHR, CNHC, Dip EMDR, EFT (Advanced), MAAMET, MIACHT, UKRF. Analytical Hypnotherapy & Psychotherapy. Helps you to get to the root cause of your emotional or psychological distress. Release, rebalance and resolve your issues so that you can get on with your life. Based in Whitstable, also available in Canterbury & London. Specialisms: Past Life Regression Therapy, EMDR, Hypnobirthing.

info@artemishypnotherapy.com / www.info@artemishypnotherapy.com / 07510222827

Alexander Technique

Simone Lantain (MSTAT since 1985)

Alexander Technique: one-to-one and small groups.

Wholeness Technique: small group classes helping turn negativity into positivity, undoing stress and anxiety and helping people feel happier and more in control of their lives. Nerve Relaxation Technique (NRT): One-to-one - gentle touch and strokes on acupuncture points and meridians to help release tension and tightness in the body.

All the above from Nonington (just South of Canterbury) and Chatham. Home visits also possible.

Tel: 01304 721153 or Tel: 07879 452114.

Aura Imprint Reading

Aura Imprint reading in Bromley-Access clues to the root of any deep mental or physical health issues. See what the karmic, past life or current day issues are that keep you being unable to move forward, being lost or unworthy. Includes past life reading/healing.

Tel: 07817217085 www.auricreading.co.uk

Counselling and Psychotherapy

Barbara Hussong, MSc., Dip. Biodynamic Psychotherapy, MLSBP, ABMT, UKCP reg.

Biodynamic Psychotherapy and Body Work. Depression, anxiety, lack of energy, psychosomatic problems, personal and spiritual growth. Mindfulness courses for stress reduction and other difficulties.

Maidstone. **www.barbarahussong.co.uk Tel: 01622 670587**

Colm O’Hanrahan, BA, reg MBACP (accred.) Cert no. 011078 BISS (Assoc. Member)

I offer Psychotherapy for children & adults with a range of emotional and relationship issues.

As well as providing a listening space and an opportunity to engage in therapeutic insight,

I use creative approaches; play therapy, dream work and Jungian Sandplay **Tel: 07891 977 557**

Sasha Rosen, UKCP, UKAHP accred & reg Humanistic/Integrative Psychotherapist;

MA Jungian & Post Jungian Studies. I offer Psychotherapy for Children and Adults;

a supportive, creative approach to understanding and change through talking, play,

Sandplay and the arts. Supervision and training for therapists and trainees. **Tel: 07891 311 583**

Seonaid Saliba, Reg. MBACP very experienced Person Centred Counsellor/Supervisor now offering Spiritual Counselling, Soul Plan readings, Whale , Dolphin, Butterfly and Flower essences.

Tel: 077999 175556 Email: seonaidkarma@yahoo.co.uk

Cranio-Sacral Therapy

Bruce Aitken RCST Practicing since 1991. All age groups, including babies and the elderly.

Various clinics in Kent and happy to make home visits. Give your body the chance to offload painful experience and move into a relaxed and peaceful present. Live at ease now!

bruce.aitken@hotmail.co.uk

Crystal Therapy

Tania Waller, MCThA, Crystal Therapist

Chakras are invisible energy centres linked to the 7 main endocrine glands of the body. If a chakra is out of balance we may feel unwell. Nature’s gemstones such as amethyst, quartz and agates colour match to your chakras and may return your sense of harmony and well-being.

Appointments in Swanley, Kent - **www.taniawaller.co.uk - Tel: 07760 252494**

Emotional Release Therapy

Jenny Jones, CST, MIGHT, SHEN® Therapy (Physio-Emotional Healing & Empowerment) 18 years experience. SHEN helps release trapped emotions in the body held by muscular contractions.

Qi is used to relax muscles so the emotions can be released, restoring emotional health. SHEN can help with PTSD, fear, anxiety, recovery from abuse, anger, grief, eating disorders, PMS, stuck in the past, inability to feel emotion etc. Also NES Health, Reflexology, Reiki.

Canterbury & Romney Marsh

Tel: 077910 55575 Tel: 0844 884 9852 www.wheeloflifetherapies.co.uk

Future Life Progression

Angela Brier-Stephenson, PFL Dip, MPFLS, Mindfulness Practitioner, MCIPD. Where will you be in the future? Are you making the most of your life? Future Life Progression is a life changing experience, a waking dream therapy that allows you to connect with your future self. There is nothing more empowering than seeing your future before you. Live your full potential with FLP.

www.anotherjourneybegins.com **www.facebook.com/anotherjourneybegins**

Tel: 07971 653 976

Healing

Graham Davies. Full healer member of The International Healing Fellowship.

Intuitive healing, counselling and guidance. 30 years experience in healing.

More than 400 clinical studies have taken place into the effects of healing, and you can read details of the results of some of these on our website.

Number 11 Therapy Centre, 11 Mickleburgh Hill, Herne Bay. CT6 6AA

Email: dimensions@btinternet.com **www.number11therapycentre.co.uk** **Tel: 01227 360294**

Hopi Ear Candling (Thermo-Auricular Therapy)

Tania Waller, MCThA,, TATH Registered

A gentle therapy which may benefit upper body problems such as breathing, headaches, sinus problems, allergies, excess wax, noises in the ear, snoring, may improve balance etc. Relax as the candle creates a calming, soothing atmosphere with rest period to respond to treatment.

Appointments at Swanley, Kent - **www.taniawaller.co.uk** - **Tel: 07760 252494**

Hypnotherapy

Positively Joyous Clinical Hypnotherapy/ Life coaching in Bromley.

Professional service by an experienced therapist of 10 years. Specialities include anxiety, quit smoking, weight loss, fears, phobias and confidence. Past life regression specialist. Psychology and Mindfulness Meditation teacher and Reiki healer. Classes and retreats available.

www.positivelyjoyous.com **Tel: 07817217085** **Email: Borgter@gmail.com**

Indian Head Massage

Tania Waller, MCThA, Cert ITEC IHM

Working the upper back, neck, shoulders, arms releases stress and tension.

Head/scalp massage soothes and calms the mind and emotions.

Face and ears clear the senses with stilling, calming movements at the end.

May lead to improved concentration, energy and efficiency.

Appointments in Swanley, Kent - **www.taniawaller.co.uk** - **Tel: 07760 252494**

Kinesiology

Penny Davey, Learn to manage stress, make healthy choices and improve your life. Muscle testing is used to identify and clear mental, emotional and physical stress and pain, such as structural problems, relationship issues, learning difficulties, allergies, digestive problems and much more. Appointments in Canterbury.

www.pkp-balance.com Tel: 07766 832903

Massage and Bodywork

Barbara Hussong, MSc, ABMT, Dip. Biodynamic Massage & Psychotherapy, UKCP reg. Biodynamic & Therapeutic Massage, Reiki Healing fort stress and tension relief, restoring energy levels, deep relaxation and well being.

Maidstone. **www.barbarahussong.co.uk Tel: 01622 670587**

Meditation / Mindfulness

Meditation Trust. Transcendental Meditation: Simple, effortless yoga for the mind. The simplest, most natural Yoga meditation technique. 650+ scientific studies show benefits in every area of life. Experienced teachers, now an independent charity (Fees up to 50% OFF).

FREE INFO PACK **www.meditationtrust.com Tel: 01843 841010**

Metamorphic Technique

Tania Waller. Reg. Metamorphic Technique Practitioner

Need to move on but not sure how? Using a light touch on feet/hands/head MT releases blockages created whilst in the womb where we first experience emotion. Beneficial during career changes, house moves, divorce, grief.

Also for pregnant women, and children with learning difficulties.

Appointments at Swanley, Kent - **www.taniawaller.co.uk - Tel: 07760 252494**

Natural Health Centres

Number 11 Therapy Centre. Complementary Therapies, Healing and Guidance. Chiropractic, Massage, Aromatherapy, Indian Head Massage, Reflexology
Counselling, Guidance, Tarot Readings
Healing, Reiki, Meditation

Number 11 Therapy Centre, 11 Mickleburgh Hill, Herne Bay. CT6 6AA

**Email: dimensions@btinternet.com www.number11therapycentre.co.uk
Tel: 01227 360294**

Naturopathy

Brian Lamb ND, DO

Naturopathy including manipulation, Eeman relaxation technique.

Bereavement counselling (DVD and cassette tape available).

Home visiting in London and the Home Counties.

Flat 4, 13 Castle Hill Avenue, Folkestone, Kent CT20 2TD

Also at 23 Aberfan Road, Aberfan, Merthyr Tydfil, CF48 4QN

Email: LambOfKent@gmail.com **Tel:** 01303 851067 **Tel:** 07831 295218

Neuroflexology

Tania Waller, MCThA, Founder Member of International Neuroflexology Guild

Connects with nerve Innervations, reducing inflammation, empowering own

healing. Treatment takes 3-4 mins each foot with time for response to

treatment. May help anxious states, panic attacks, joint and mobility problems.

Appointments in Swanley, Kent - www.taniawaller.co.uk - Tel: 07760 252494

Courses for qualified therapists – please see www.neuroflexology.com

NLP Practitioner (Neuro-Linguistic Programming)

Geoff Hart. Based in Loose in Maidstone. Life and business coach, n.l.p. practitioner and featured therapist with The Hypnotherapy Association. Here to help - not judge. Bring that change you are seeking, and live life to the full. Testimonials www.act4life.co.uk **Email:** geoff@act4life.co.uk

Please **Tel: 01622 747575 or Tel: 07950 512453** in total confidence.

Reflexology

Tania Waller, MCThA, Dip IIR(UK)

A wonderful treatment of the feet/hands allowing time for relaxation and de-stressing. Reflexes in the feet connect with all other parts of the body and this encourages your mind and body and spirit to re-balance naturally.

Precision Reflexology; VRT (Advanced); Maternity Reflexology Appointments in Swanley, Kent -

www.taniawaller.co.uk Tel: 07760 252494

Linda Baxter, R.G.N., I.T.E.C., I.F.A., M.A.R.

Reflexology, Therapeutic Massage, Aromatherapy and Indian Head massage.

All can restore the body to its natural balance and to help stress, aches and pains.

Whitstable, Kent. **Tel: 01227 264445**

Reiki

Tania Waller, MCThA, EMBODY Reg'd & Approved Reiki Master/Teacher & Healer Rest, relax, enjoy this wonderful ancient form of healing in delightful garden setting. May bring sense of peace and calmness as your mind body and spirit returns to balance and harmony. Suitable treatment for all.

Appointments in Swanley, Kent **www.taniawaller.co.uk Tel: 07760 252494**

Stephane Burton I offer Usui and Holy Fire Karuna Reiki treatments and courses, Clearing of the Akashic Records (remote Soul Clearing) and Past Life Regression.

I am a Usui Reiki Master Teacher/Practitioner & a Holy Fire Karuna Reiki Master
Member of the Complementary and Natural Healthcare Council (recognised by the NHS)

Tel: 07734 525888 Email: spiritualenergy999 www.spiritual-energy.com

Jean Atley, Reiki Master Practitioner/Teacher, Crystal Master Practitioner/Teacher. A gentle treatment that heals and balances the body and mind, removing physical and emotional blocks that may be causing illness or anxiety. Reiki can be enhanced by working with crystals also. Treatments and courses available.

Email: mail@jeanatley.co.uk www.jeanatley.co.uk Tel: 01322 292892

Retreats

Witherdens Hall Organic Spa Retreat – Courses, Workshops, Retreats, Space to Hire.

Get away from it all and unwind. Enjoy a break, or perhaps host or attend an event in a place of peace and tranquility set in the heart of the Kent countryside. Our award-winning, beautiful organic spa retreat offers luxurious accommodation and a specially designed, fully-equipped Workspace.

For further information please visit our website **www.witherdenshall.co.uk** or **contact us on 01227 720 543 or info@witherdenshall.co.uk**. **Facebook: The Retreat at Witherdens Hall. Twitter: @witherdenshall.**

Thermo-Auricular Therapy (see Hopi Ear Candling)

Theta Healing

Pippa King CMIACT

Certified ThetaHealing® & Reiki courses, healing retreats, workshops & private consultations available in Lenham, Malta and Internationally via Skype. Over 15 years experience assisting you to move from drama and struggle to peace and ease. Turn lifes challenges into positive ways forward. Advanced ThetaHealing Instructor, Reiki Master, Hypnotherapist (hons) Master NLP, EFT, Access, Crystal healing and co-founder of 9D Clearing. **www.livetheta.co.uk www.9dclearing.com**

Email: info@livetheta.co.uk Tel: 01622370774

Yoga

Jean Atley, BWY, Yth Dip (YBT) ITEC, CThA Yoga Teacher/Therapist, Aromatherapist.

General & specialist classes - Pregnancy, Postnatal, ME, MS, Parkinson's and other conditions. Individual tuition avail. Dartford/Longfield/Gravesend/Meopham. Aromatherapy and Pregnancy Massage, Baby Massage Instruction.

www.jeanatley.co.uk Tel: 01322 292892

Medical Herbalism is alive and kicking in Whitstable!



Belinda Murray is a medical herbalist working in Whitstable from her wholefood shop, “Herbaceous”, in Oxford Street . Her wholefood background came from working in Canterbury Wholefoods

(then known as Gateways) and she also ran a herb stall (Everyman's Apothecary) in Canterbury with some weavers and dyers and then in various indoor markets that some of you may remember ...The Harvey Centre and The Rastro (the stall name changed to Full Moon).

At this time Belinda was training in massage and aromatherapy and then herbal medicine at the College of Phytotherapy in Sussex. She then gave up her stall to work in Ralph and Evans with two established herbalists and trained with them for some of her 400 hours of clinical training. Training to be a herbalist is a long term venture... especially when you are a working mum !

When she moved to Whitstable she worked for a while from “Evolution Health” doing massage aromatherapy and herbal consultations then in 2001 she moved into her own small premises in the back of what is now the tattoo parlour and became “Herbaceous”- initially offering the same services and selling essential oils herbs and soaps and solar powered and wind up radios etc (“ Did I mention my degree in Electronics?”).

It wasn't long before she crossed the road to share her current location with a second

hand pram shop “Carousel” and then when that business ceased trading she took on the whole, rather large, premises! That was when the wholefoods came back into play -what on earth to do with all this space! She was able to increase her range of medicinal and culinary herbs and spices- sold loose, bring in more local products such as Kent and Sussex teas , local honeys, juices, jams and chutneys...and Belinda was also then enabled to expand her range of gifts for well being and environmentally friendly cleaning products - including the very popular refill service offered on Ecover Laundry, washing up and other products Belinda gives over the counter advice on simple matters or you can have an in depth consultation in private (by appointment).

Belinda is on a personal mission to make day to day shopping a more enjoyable and relaxed event...there is a toy box with some well loved stickle bricks, a doctors bag, some dolls and the very popular “Scoop” (a digger from Bob the builder-) . There is a seating area to sort your shopping list out or repack your bags...some reference books on health and cookery and special diets. Music is generally played in the shop and varies depending on who is working and their moodThe shop stocks a wide range of ingredients- rice, beans, olive oils as well as many sauces from around the world. The location is in the quieter end of town, nestled between two schools, the library, the museum and the local community “Umbrella Centre”, the opposite end from the harbour and the popular boutique lined Harbour Street. Market forces make running a shop a trepidatious occupation! The internet,

supermarkets and parking are just a few of considerations that can make or break a business.

“ I have to bend with the prevailing winds, but it can get very tiring!” said Belinda when confronted by the onward march of the multi nationals into Whitstable.... So Whats next?

Belinda decided she appeared to be losing her (plant) roots...and was becoming a list maker and shelf filler, “ I don't want to compete with the big boys....I want to provide a useful service to the people of Whitstable and anyone else who wants it....I want to be a viable business and to continue to enjoy running my business, so it is time for a change. I have started clearing space in the shop to create areas for running workshops on herbal medicine making again. I have run workshops before and also led herbal walks around Whitstable and Canterbury. I have spent the last few months immersing myself in workshops focussed on Community Herbalism, medicine making, distilling, fermenting, growing, foraging and

wild crafting... It has been great fun and got me out into the countryside and into my trusty tent! I have met some amazing characters from the herbal and foraging world ...swam in Hampstead Heath Lido (it was cold!) and learnt lots of first aid herbalism ...



There will be a series of affordable workshops coming up over the Summer and throughout the Autumn and beyond. Some are aimed just at adults ...others are more child focussed (Good for home-ed etc).”

For more information pop into the shop at 27 Oxford Street, call Belinda on 01227 27799 or look at the Herbaceous Facebook page and follow Belinda on Twitter

See us at the Oyster Festival
Sunday 24th July 11.30 - 2.30 at the
Stream Walk Community Garden.
"Hands on Herbs"

Herbaceous - a friendly and independent herbs and wholefood shop in Whitstable

We have a resident Medical Herbalist - Belinda Murray who is available for consultations or over the counter advice. Belinda is also qualified in aromatherapy and sports massage.

Where possible we try to stock local and organic products.
We sell eco-friendly cleaning products, Fair Trade goods and a wide range of gifts to lighten the heart.
We also run affordable workshops.



Herbaceous
Medical Herbalist - Wholefood Shop

Tel: 01227 27799 www.herbsandremedies.co.uk Herbaceous Facebook

Tai-Chi Classes



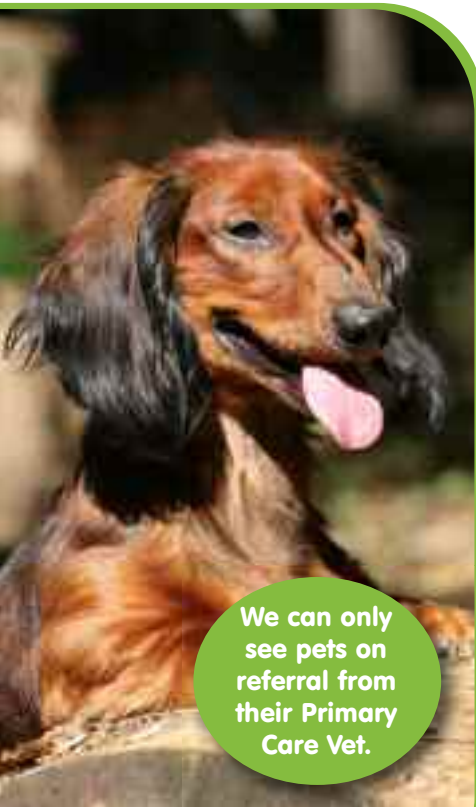
YANG STYLE LONG FORM WITH MICHAEL LOW

Monday:	Mixed Ability	7.15-9.15pm	Maidstone
Tuesday:	Mixed Ability	10-11.30am	Meopham
Thursday:	Beginners	12.30-1.30pm	Maidstone
Thursday:	Beginners	7.30-8.30pm	Maidstone

Also Reiki Treatments and Workshops.
Spiritual Response Therapy and Revolutionary
Anti-Inflammation Capsule.

For more details

01622 681974



We can only see pets on referral from their Primary Care Vet.

Four Seasons Holistic Veterinary Care

Four Season Holistic Veterinary Care runs weekly clinics at Goudhurst Vets and Equine Centre to extend our services into Kent.

Our experience vet Vicky Payne takes referrals for herbal medicine, acupuncture, and behaviour, as well as offering a truly holistic approach to pet healthcare. She can advise on all areas of pet health including diet, exercise, parasite control, titre testing and vaccinations.

Find out more on page 20

For more information, or to book an appointment call
Goudhurst Vets on **01580 211981**

Visit our website at:

www.holisticvetsussex.co.uk