

# The Healing House Gazette

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**It's Time to Heal**

**January 2020**



## ***The Opportunity for Transformation with Love***

The definition of healing with Reiki that I now embrace is...

“an opportunity for transformation with love as the key”.

We generally face change with an undercurrent of fear.

We tend to feel fearful of the unknown that the impending change and associated transformation may bring for us.

There is a deep fearful part within us, (our Ego), that resists change because from the Ego's perspective, we are surviving with things the way they are, 'They are familiar: We are surviving ... so, why change!'

Even when we sense that behaviours or beliefs are not a healthy way of life or for our greatest benefit, we can fiercely hold on to that which no longer serves us.

We sometimes make deals with ourselves or enter into justifications why we need to hold on and not move away from that which is familiar.

We can even reject kindness and support and take it as criticism. This can then justify our familiar, Ego based beliefs. We hold onto the familiar beliefs as a part of our unique and familiar approach to survival.

It is hard work maintaining those beliefs.

This holding on puts a strain and feelings of dis-ease on us... emotionally, mentally, physically and spiritually.

We are, in many ways hard-wired to resist change. It is a challenge for us as we live our lives because change is actually a constant within us every moment of every day.

We can choose to connect with life consciously.

Reiki offers us the keys to move from Surviving within our life to Living this life. We can embrace life with more Grace and Ease and Peace and a deeper sense of Personal Harmony.

Reiki has been a wonderful support within my life.



I have been blessed with the opportunity to support many clients to live with more clarity, consciousness and peace ... with Reiki as the cornerstone of support.

The shift from Surviving to Living is one of the greatest gifts we can give ourselves.

My Mother attended her Reiki One in May 1992. She was 62 years old and suffering with Cancer.

Reiki brought considerable and wonderful changes into her life. She offered Reiki to my young dog Squizzy which resulted in significant changes to her well-being as well.

The changes I observed in both my Mum and my Squizzy were key motivations for me to eventually attend Reiki One in April 1995.

Now, over twenty years on, Reiki has been a wonderful gift that I have given myself.

Most importantly, I have learnt to trust my intuition and take action, conscious action. Sometimes the changes that I pursue are uncomfortable and challenging for my Ego and I find myself resisting the required shifts.

However, when I connect with Reiki Healing for myself, I can move forward. I have learnt to embrace the transformation and ultimately the many gifts that flow my way.

Perhaps the greatest gift is a relationship with myself and with that has come more heartfelt and wholesome relationships with others.

Just as Mother Nature flows with regular and inevitable change and transformation ... so do we ... a key to a contented life is to trust our intuition and flow with change and transformation when we have that inner knowing that it is needed.

May Peace Prevail in your Heart

Sending you love light and many blessings on your personal healing journey

*Gill*

Reiki Master: Teacher and Healing Practitioner

 *Reflect, Review and Renew ... Wholistic Manifestation Workshop*  
at  
*The Healing House.*

The dawning of 2020 brings our Annual Reflect, Review & Renew Workshop (RRR) on Sunday the 5th of January.

This workshop is from 10:30am - about 5:00pm.  
There are no pre-requisites for this workshop

Each of us is an individual and each journey through life is unique. This workshop celebrates this uniqueness and looks at the opportunities for the growth of personal awareness that the past year has brought.

We have found that when we sit in a clear and open space can we *truly* look at our lives with an open heart and open mind. It is then, we have found that clarity and compassion, objectivity and love flow.

"If I always do what I've always done ...  
I will always get what I've always got!"

We can then step into the next phase of our life with clearer vision, grace, and empowerment.

This is a very empowering workshop and it is a lot of FUN!

This workshop is an opportunity for participants to *Reflect* on the year that has been, *Review* behaviours beliefs and attitudes with conscious awareness. This clarity brings forward the opportunity to *Renew* our attitudes and beliefs about ourselves so we can step into 2020 with renewed compassion, awareness and goals.

Awareness is a key to wisdom.

This workshop space creates the opportunity for clarity, compassion and objectivity to flow forward with greater ease, clearer vision, grace and empowerment.

Please contact me to reserve your place at Reflect, Review & Renew.

The Fee for this workshop is \$110- with a Concession Fee of \$95- available for Health Care Card Holders and those undertaking Reiki Master Training with Gill at The Healing House.

I hope you can join me.  
Bookings are Essential.

### *An Auspicious Life*

greet the dawn of a new day with open arms...  
walk in the sunshine...  
dance in the rain...  
skip through the puddles...  
lay on the dew as the evening settles in...  
allow freedom... allow peace...  
allow life beyond survival ...  
expand beyond the walls of restraint  
that have held you down...  
allow life's wonders and mysteries  
to unfold within you  
and around you!!!!

*Gillian Maxom*

\* Enliven Your Spirit \* Align With Your Purpose \* Nurture Your Soul \*  
\* Embrace Peace in Your Heart \* Flourish in Life \*



### ***Mission Statement***

To create a supportive space for heartfelt connection;

"Connection with self,

Connection with others,

Connection with purpose."

May you wear your power Lightly,  
May you walk with Impeccability,  
May you approach life with Compassion,  
May you live up to the Integrity of your  
unique human Potential

*Sacred Native American Teaching*

### ***Reiki Healing is Energy***

Receiving Reiki Healing and learning Reiki, creates the opportunity for change within us, with love.

Energy is at the foundation of all that is our Lives, the Earth and the Universe.

Our thoughts are energy, our bodies are energy, the food we eat, the chairs we sit on, the houses we live in, etc, etc ... all are energy.

The beauty and wonder of Reiki is a connection with Universal Life-Force Energy to support ourselves on this wonder-filled journey of opportunity.

Reiki supports the harmonising of our personal energy fields... and, we have found that the more frequently we allow ourselves to experience personal harmony, the more inclined we are to be in harmony with ourselves, those we love and the world in which we live.

When we are out of harmony within ourselves, we tend to be out of harmony with others.

Reiki Healings remind our energy fields of the healthy way to be. Reiki offers and supports wholistic healing... healing of the whole self.

Our internal, external and physical body energy fields have the opportunity to come into harmony with each Reiki Healing. This supports the healthy flow of energy within our lives enhancing emotional, mental, physical and spiritual peace, wellbeing and harmony.

Bringing Reiki into our lives is a very special experience that can bring profound awareness, physical shifts, personal understanding and healing

Reiki brings many gifts of harmony and peace into our lives and often the greatest gift is the relationship that we can have with ourselves... a relationship that is more accepting, open, free flowing and peaceful.

### ***Reiki Master Gathering Day***

8 March 2020      \*Sunday ... 10:30am – 4pm

For those who have either completed or  
are undertaking Reiki Master Training with Gill

\*\$95-

\*\$75- for Health Care Card Holders and  
those undertaking their Master Training



***\* Geelong \****

\* The Healing House \*  
9 Grafton Street  
St Albans Park

***\* Melbourne\****

\* Reiki With Gill \*  
1st Floor 30 Seddon St  
Ivanhoe

## Reiki Training, Attunement and Healing Workshops

Reiki Workshop at The Healing House are co-presented by Gillian Moxom

### The next Reiki Workshops in Geelong are

<b>Reiki 1</b> 18 & 19 January or 21 & 22 March	All participants at this workshop receive a Voucher for a One Hour Personal Reiki Master Appointment	(a willingness to heal is the pre-requisite) (\$345- )
<b>Reiki 2</b> 15 & 16 February or 23 & 24 May	All participants at this workshop receive a Voucher for a One Hour Personal Reiki Master Appointment	(Reiki 1 is a pre-requisite) (\$445- )
<b>Reiki 2 Extension</b> 22 & 23 February or 28 & 29 March	This workshop is a pre-requisite for Reiki Master: Healing Practitioner & Reiki Master: Teacher & Healing Practitioner training at The Healing House	(Reiki 2 with Gill is a pre-requisite) (\$475- )

\*Please call Gill to confirm dates as they are subject to change \* Concession discount available for Health Care Card holders\*

### Reiki 1

- \* At Reiki 1 you will become attuned to the Reiki Energy and learn the Usui Method of Natural Healing
- \* You will learn how to offer Reiki to yourself, family and friends ... and pets!
- \* You will be guided through the history of Reiki, the Reiki Principles, how to offer Reiki to yourself and others, how Reiki can support you and those around you and so much more
- \* Upon completion, you will receive a Basic Reiki Certificate and Reiki Healing Energy with you – Forever

### Reiki 2

- \* Reiki 2 is recognised as the Advanced Level of the Usui Reiki Method of Natural Healing
- \* You will learn how to send healings over a distance and how the flow of Reiki energy can be intensified during “hands-on” healings
- \* Upon completion you will receive an Advanced Reiki Certificate, and be more closely aligned with Reiki Healing Energy
- \* Anyone who has learned Reiki 1 is welcome to learn Reiki 2 with Gill

### Reiki 2 Extension

- \* Reiki 2 Extension is an opportunity to expand your knowledge, confidence, and experience with Reiki
- \* Your Reiki skills will be revised - increasing your confidence and confirming your knowledge
- \* You will learn extra healing symbols, another approach to offering Reiki Healing, enhanced Pet Healing Skills and so much more
- \* Reiki 2 Extension is a pre-requisite for training as Reiki Master: Healing Practitioner & Reiki Master: Teacher & Healer
- \* Reiki 2 with Gill is a pre-requisite for Reiki 2 Extension  
(If you have learned Reiki 2 elsewhere, you are welcome to revise and refresh your skills with Gill)

## ***Reiki Master: Healing Practitioner***

- \* Offering Reiki healings to others at this level requires a willingness to connect with personal awareness and a journey towards personal mastery
- \* This one-on-one training with Gill is an opportunity for intense Reiki Healing, personal growth, personal spiritual connection and a deeper connection with Reiki.
- \* Training as a Reiki Master: Healer offers wonderful opportunities for release of fears, mental, emotional, physical and spiritual wellbeing, personal fulfillment and connection with your purpose and connection with like-minded people.
- \* Reiki Master: Healer training is 9 to 12 months personal training with Gill.
- \* Upon completion, you will receive your Reiki Master: Healing Practitioner Certificate.

## ***Reiki Master: Teacher and Healing Practitioner***

- \* Reiki Master: Teacher & Healer training with Gill opens the way for you to teach Reiki to others and align them to Reiki.
- \* Offering Reiki to others as Reiki Master: Teacher is a wonderful experience that requires a conscious connection to understanding and awareness.
- \* This is empowering training over 9 to 12 months ensuring a comprehensive, thorough, and enlivening transition to your alignment as a Reiki Master: Teacher & Healing Practitioner
- \* During the training, you will learn how to pass attunements at each Reiki level, what each level of Reiki represents, a deeper understanding of your relationship with Reiki and expanded personal growth and spiritual awareness.
- \* Upon completion, you will receive your Reiki Master Certificate.

## ***Ancient Sanskrit Poem***

Look well to this day – for it is life  
The very best of life  
In its brief course lie all the  
realities and truths of existence

The Joy of Growth  
The Splendour of Action  
The Glory of Power

For yesterday is but a memory –  
and tomorrow only a vision

But today if well lived, makes every yesterday  
a memory of happiness,  
and  
every tomorrow a vision of hope.  
Look well therefore to this day

Kālidāsa  
Circa 5<sup>th</sup> Century



## ***Reiki Healing Circle***

If you have learnt Reiki with Gill you are welcome to come along to Reiki Healing Circle at The Healing House. Reiki Healing Circle will support you to keep your healing skills consciously in your life. It is a great opportunity to receive a healing and offer Reiki as well. It is a lovely opportunity to come together with like-minded people and share Reiki.

You are welcome to come along and connect with your Reiki skills in the supportive, friendly, and warm environment of healing.

Reiki Healing Circle is available one Sunday morning  
each month ...10:30am - 12noon

**January 12<sup>th</sup>**

**February 9<sup>th</sup>**

**March 15<sup>th</sup>**

**April 19<sup>th</sup>**

**May 17<sup>th</sup>**

The Fee for Reiki Healing Circle is a \$15-  
Thank You

It's Time to Heal

## ***Personal Appointments at The Healing House***

Gillian Moxom is available for personal appointments where you will have the opportunity to receive a Reiki Master Healing.

Gill is available for personal appointments in both Geelong and Ivanhoe.

Reiki Master Healings can gently and graciously open the door to living and connecting with you, your purpose, and yourself.

*"For things to change for me,  
I must allow change."*

Reiki healings are an opportunity for transformation with love as the key.

Often, we would like things to be different for us, yet we are afraid of change, or don't know where to turn for guidance and support.

Reiki Master Healings can be the circuit breaker of the cycle of survival.

The stress of living can create tension and energy blocks to the natural and normal flow of our energy.

Receiving regular Reiki Healings creates the opportunity for your emotional, mental, spiritual, and physical self to remember what it is like to be in a state of balance, peace, and harmony. This remembering creates a motivation within us to flow more easily through life rather than in a state of stress.

Reiki creates the unique opportunity for deep personal harmony, centeredness, wellbeing, clarity and balance.

*To arrange your appointment for your Reiki Master Healing, call Gill on 0407 561 607*

**It's Time to Heal**

## ***Words of Ancient Wisdom***

An old Cherokee told his grandson,

"My son, there is a battle between two wolves inside us all. One is Evil. It is anger, jealousy, greed, resentment, inferiority, lies & ego.

The other is Good. It is joy, peace, love, hope, humility, kindness, empathy & truth."

The boy thought about it, and asked.....

"Grandfather, which wolf wins?"

The old man quietly replied, **"The one you feed..."**

## ***Consolidate your Reiki Skills at Reiki Workshops***

If you have learnt Reiki With Gill, you are welcome to come along to Reiki Workshops at The Healing House up to your own Reiki Workshop experience.

All you need is ...

a willingness to be of service and support attending the workshop

a willingness to be at the workshop for the full day or days you choose,

a willingness to receive Reiki healings and

a willingness to expand your skills.

Consolidation of your skills at Reiki Workshops is a wonderful way to stay connected to Reiki and your healing skills. You will have the opportunity to revisit the information about Reiki, healing and expand your knowledge base .... and it's fun





## "Women's Wholistic Empowerment Gathering"

Weekly Gatherings at The Healing House in Geelong for women to learn the skills to be Gracefully Empowered!

Women Supporting Women.

Each week you will have the opportunity to enhance your knowledge and understanding to skilfully and consciously harmonize your Spiritual, Emotional, Mental and Physical well-being.

- \*Enliven your Spirit
- \*Align with your Purpose
- \*Nurture your Soul
- \*Embrace Peace in your Heart
- \*Flourish in Life

Gill will offer you the opportunity to enhance and develop your Meditation skills with Conscious Relaxation and to learn more about harmonized expression of your inherent feminine empowerment.

### *When?*

Each Tuesday Morning  
10 :30am - 11:30am  
or

Each Wednesday Evening  
7:15pm - 8:15pm

*Where?* The Healing House in Geelong

*The Fee?* \$15- each time you come along.

**It's Time to Heal.**

These Gatherings are a wonderful platform for women to gather and sit together as one with peace, knowledge, love, compassion, acceptance and understanding at the core of our experience together.

Women supporting Women in the heartfelt supportive environment of The Healing House.

Hope you can join Gill each week ... or as often as you can ....

*Bookings are essential*

Contact Gill on  
0407 561 607

"Women's Wholistic Empowerment Gathering" ....  
Creating the space for you to be Gracefully Empowered!

**Gillian Moxom**

**Reiki Master:**

**Reiki Teacher & Reiki Healing Practitioner**

**Geelong**

### **REIKI WORKSHOPS**

Reiki 1  
Reiki 2  
Reiki 2 Extension

### **CIRCLES**

Women's Wholistic Empowerment Gathering  
Reiki Healing Circles

**Melbourne and Geelong**

### **REIKI PERSONAL TRAINING**

Reiki Master: Healer  
Reiki Master: Teacher & Healing Practitioner

### **PERSONAL APPOINTMENTS**

Reiki Master Healing  
Wholistic Life-Skills – Mentoring & Guidance Plan

**DISTANCE REIKI HEALINGS** for Pets & Humans

### **CIRCLES**

Women's Wholistic Empowerment Gathering  
Reiki Healing Circles  
Personal Growth and Spiritual Awareness Circles

### **SACRED CEREMONIES**

Home Blessings  
Sacred Earth Circle Creations  
Baby Blessings

### **OTHER WORKSHOPS**

Understanding Your Chakras - The Chakra Workshop  
The Wesak Experience  
Reflect, Review & Renew –  
Wholistic Manifestation in Action

*It's Time to Heal*





## The Wesak Experience at The Healing House



Groups gather all around the world to connect with each other and the energies that support a worldwide healing flow for the Earth and all whose life-Force she supports ... all humans, all creatures,

all beings ... the air, the soil and the water.

It is a time of wonderful blessings and connection called Wesak.

### Enhanced Energetic Connection

Wesak is a wonderful opportunity for healing, to expand your consciousness and to connect with a world-wide celebration for expansion of peace.

*It is a world-wide celebration of spiritual enlivenment, connection, well-being and enhancement each year.*

Wesak occurs each year at the Full Moon in May. The Full Moon one month beforehand in April, sets the energy for the Wesak Connection in May and the Full Moon in June completes the cycle.

In the Christian calendar the dates of Easter is determined by the phases of the Moon. Wesak is also aligned with the phases of the Moon. Wesak is of great significance is important to those who have a connection to Buddha. The fact that these two occur so close to each other brings a lovely energy and synergy to the celebration of peace that this time offers us.

At the Wesak Full Moon it is believed that *both Buddha and Christ* and other beings who oversee Mother Earth, and all her inhabitants align their energies. Some say, actually appear in a sacred valley in Tibet. It is at this time that they offer blessings to all who tune into this event, all over the world.

For the millions of people who attune to the energies at this time, it is a powerful opportunity for healing and inner connection... and the overriding combined energies offer peace for Mother Earth and all whose life-force she supports.

The energies of Christ, Buddha and all the ascended beings of love and light, support all those who consciously connect with the energy of Wesak in their healing quest. Through the flow of their loving energy and our conscious connection to that energy we can experience awareness, understandings, healing and expansion of consciousness.

It is a fabulous opportunity for setting goals for spiritual, emotional, mental and physical evolution and awareness.

Conscious connection and conscious action towards these goals allows us the opportunity to take optimum advantage of the energy offered at Wesak.

Some goals may take will take years to accomplish and progressive instalments of energy will be offered through Meditation and specifically at subsequent Wesak celebrations.

Connecting with a group of like-minded people enhances the energetic opportunity of Wesak.

The grace and heart-felt connection liberally flows at that gathering. It is a sacred celebration for those who would like to enhance the essence of their spirituality.

Wesak creates a wonderful opportunity for change for yourself on the Emotional, Mental, Physical and Spiritual dimensions of your life.

The impact of energy is open for a couple of days on so either side of the actual full moon.

How will Wesak unfold at The Healing House in 2020?

Wesak celebrations are held around the world any time during that particular week.

We have found that gathering for these three phases of Wesak enhances our appreciation of ourselves as individuals and creates great connections and friendships with each other.

We embrace a guided meditation and energetically connect with the energetic opportunity offered us.

With this opportunity we also offer focused healing to Mother Earth and all whose life-force she supports.

We have lots of laughter, inner vision, personal healing and self-reflection.

The Three gatherings will be ...

#### **Sunday the 5<sup>th</sup> of April**

(Aligning with the Full Moon on the 8<sup>th</sup>)

#### **Saturday the 9<sup>th</sup> of May**

(Aligning with the Full Moon on the 7<sup>th</sup>)

**(Women Only Event at The Healing House)**

#### **Saturday the 6<sup>th</sup> of June**

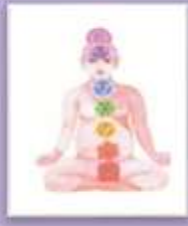
(Aligning with the actual Full Moon)

You are welcome to come along to any or all of the Gatherings for Wesak.

The Fee for each gathering: \$95-/Concession Fee: \$75

***Hope you can me for the Wesak Experience 2020***





## Understanding Your Chakras – The Chakra Workshop

At this workshop you will learn

- \*how your Chakras influence your life
- \*how to balance your Chakras
- \*each Chakra's individual characteristics
- \*how Chakras are a part of your life

When you have knowledge about your Chakras you will feel a greater sense of:

Health  
Insight  
Spiritual Growth  
Personal Awareness

Who should do this workshop?

Students of Reiki  
Anyone interested in personal balance,  
health and well-being  
Natural health professionals  
Anyone with Chakras

The Fees?

- \*The Fee is \$395-
- \*Concession Fee is \$375-  
(For Health Care Card Holders and those undertaking their Reiki Master Training)
- \*Review Fee of \$350-  
(For those who have previously attended this workshop and would like to attend again)

2020  
29th February & March 1st  
10:30am – 6pm both days  
at  
The Healing House in Geelong



## The Advanced Chakra Workshop

At this workshop you will learn

- \*about the Chakras that sit outside of the main Chakra system.
- \*their function, their influence
- \*more advanced Chakra Balancing techniques.
- \*how these Chakras can guide us to the journey of the soul beyond our human experience.

How can I attend The Advanced Chakra Workshop?

The pre-requisite for this workshop is Understanding Your Chakras - The Chakra Workshop with Gill

The Fees?

The Fee is \$225-  
The Concession Fee is \$195-  
The Review Fee is \$175-

### **The Dates?**

2020  
July 11<sup>th</sup>

### **The Times?**

10:30am - 5pm

This workshop is held at  
The Healing House in Geelong  
and is a  
One Day Workshop.