



Winter - the season of beginnings.

Is life flowing for you in wonderful ways? How are you feeling in your heart? Life is beautiful, but have you noticed lately? Have you remembered to be grateful for the people, things and beauty in your life? Each of us is challenged every day in many ways. Sometimes we should act, sometimes we should remain in stillness. How do we know which path to take when there are so many to choose from? Why do we feel up one minute and down the next? Life is like the seasons, sometimes Winter, sometimes Spring, Summer, Autumn. Each season presents different challenges—physically, mentally and emotionally. Every Season is perfect, we can benefit and enjoy every one of them. Winter is the time to

set goals to connect to our inner fire—ask yourself—what is my heart reminding me to do in my life? When the springtime comes, our goals begin to be realized as the season of new life breathes energy into our desires and dreams. What season are you in right now? Are you in sync with the seasonal calendar or do you feel disconnected in some way? Ask your heart these questions and silently wait for the answers to come. Winter is the time to decide what you would like in your life for the coming year. In Winter, the hands of your body clock are pointing to your Thymus gland. It is located behind your sternum in the middle of your chest. The Thymus gland monitors your immune system, it assists in the production of T-cells which help to provide



Warm your heart this Winter at Zhen!

your body with protection from bacteria, viruses, fungi, toxins, candida, chemical invaders and emotional stress. When your Thymus gland is functioning in balance, so too is your sense of self worth or self esteem.

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Did you know that we are

**FREE
SCREENING
SOUL
MASTERS
MOVIE
29 August
7.30pm**

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An Invitation To YOU

all self healers? Dr Zhi Gang Sha a world renowned doctor of Western and Chinese Medicine is bringing the message and the methods to make transforming our health and our lives a reality. Learn about Dr Sha's 4 Power Techniques—Body Power,

Mind Power, Sound Power and Soul Power in our **FREE workshop—Saturday 30 August 10am to 5pm.** Join us for a special screening of **SOUL MASTERS** movie on **Friday 29 August at 7.30 pm** and see first hand breakthrough techniques

for self healing and learn about sacred practices to prevent illness and promote a long healthy life. Call us to reserve your place for the workshop and the movie on 9818 6616. See you then!

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Winter—the Season of Beginnings cont'd

It has been shown that the Thymus gland can shrink by as much as half within 24 hours when we are stressed. A loss of inspiration and vision for your future are also signs that the Thymus may be in need of a good balance.

One of the best ways to self balance the Thymus is to give yourself a gentle but firm pat on the chest to stimulate the function of the gland. Also be aware that “what other people think of you is none of your business”. Know yourself well instead. If someone is critical or judgmental of you, avoid the need to defend yourself or your point of view—this just gives energy to the comment

and makes it true. Instead consider, if the comment is true and if you are happy with it, live it. If not, change it.

Juices and Foods for Winter

An ideal juice to boost the Thymus is blackcurrant or cranberry, both contain the type of Vitamin C which assist Thymus function.

The foods to increase in your diet during Winter are those high in calcium, such as Broccoli, Soy-beans, parsley, carrots, cauliflower, green beans and pumpkin.

Enjoy Winter—make your plans and be comforted in the knowledge that Spring—the Season of Nurture begins

at the Spring Equinox when day and night are equal. In the Southern Hemisphere this occurs between September 21 and 24—so there is plenty of time to formulate your plans and goals—enjoy the process and be true to yourself.

Zhen will be running a **FREE—” Let’s make a Vision Board”** session on **Wednesday 27 August from 12-2pm** as part of our **Wellbeing Wednesday Programme**. Just bring along some old magazines and an A3 size sheet of cardboard—we’ll do the rest together.

Wellbeing Wednesdays — let’s get together and have fun over a warm cuppa!

There are so many aspects to total wellbeing—exercise, nutrition, emotional balance, spiritual wellbeing and more.

It can be hard to know what’s exactly right for us and what our body and mind really needs to feel happy and well.

The team at Zhen are ready to answer your wellbeing questions and offer you the chance to try different methods and techniques to boost your vitality and

“Come and meet the practitioners and join in FREE wellbeing activities every Wednesday 10—3pm”

help you reach your highest wellbeing potential. Join us for FREE sample treatments, including kinesiology, Thai

Massage, Homeopathy, Yoga, fun discussion groups and more— every Wednesday at Zhen from 10 am to 3pm. You are welcome to bring a friend and join in the wellbeing fun and activities over a warm cuppa!



Meet The Team

Zhen has been going through a huge growth spurt lately. Our team has now grown to six wonderful, warm and highly skilled practitioners.

Yoga/Meditation

Fabulous Dru Yoga is now a feature of the Zhen week with **Ada Giaquinto** on Saturdays and **Michelle Harris** on Tuesday night.

Kinesiology

We now have three specialist kinesiologists at Zhen **Jenifer Nugent** Zhen’s

Creative Director, **Rose Anselmo** who specialises in spiritual counseling and personal transformation and **Lara Goodger** who also provides a full complement of kinesiology services.

You now have even more chances to improve your wellbeing with additional after hours sessions on Saturday, Sunday and Wednesday and Thursday evenings.

Homeopathy

Nadine Teffaha is our resident Homeopath and for those new to this modality we recommend a session with Nadine to really enhance your wellbeing journey.

Thai Massage—known as lazy persons yoga, this wonderful massage therapy will leave you feeling blissed out and blessed ! See us soon xx