



Gentle Effective Sensitive

Christmas Update 2010

Latest News from Luminescence



This is the first Newsletter from Luminescence. I am taking the opportunity to bring together all the services and products I am involved in into one place. If you are interested in hearing more from me in terms of interesting articles, new services, specials on products etc, please let me know and I will add you to the mailing list. Otherwise you can subscribe

to the "Whats New" section on my website.

You can also find me on the Spiritual Connections site:
www.spiritualconnections.com.au

Have a wonderful christmas and I will look forward to seeing you or hearing from you in the New Year.

Blessings, Tracy.

You may not know.....

If I haven't seen you for a while you may not know all the services and products I am offering:

Craniosacral & Spiritual Healing:

- Individual Treatments
- 4 Handed Treatments
- Mother & Child/Baby Dual Treatments
- Newborn Treatments
- Animal Treatments

Products & Energetic Art:

- Paintings intuitively designed for you
- Energetic Healing Prints in various sizes
- Energetic Healing Cards and Calendars (2011)
- Energetic Art T shirts, bags etc.
- Crystals & Crystal Wands
- One Page Wisdom Book
- Raising Vaccine Free Child Book

Visit the website for further detail:

www.myluminescence.com



GIFT VOUCHERS AND A CHRISSY PRESENT FOR YOU

Gift Vouchers are available for either therapy sessions, relationship diagram healing, personalised art, prints or any products. You can either purchase the voucher for a specific service or product or a voucher of a certain value (eg \$20, \$50, \$100 etc). To browse the full range of services and



products, visit the website.

Up until Christmas, as a christmas gift and a thank you, I am offering only existing clients a discount of 20% on all products and services (booked before christmas).

I am also introducing a loyalty card system where you will get every 5th session at half price. I will let you know when it's available.

FOCUS ON MOTHER AND BABY

Craniosacral therapy is well known overseas for its ability to rebalance mother and baby after the labour to prevent physical issues that may result from hormonal imbalance or wear and tear from even uncomplicated births. If the labour was traumatic or complicated, craniosacral therapy is highly recommended to reduce the resulting distortions that can form the basis of many types of developmental or childhood problems such as sucking problems, glue ear, colic, ADHD, Autism, food sensitivities, behavioural problems, dyslexia, migraine to name a few.

Craniosacral therapy can also address hormonal, structural, traumatic or emotional reasons for conception delay. There may also be trauma held in the womb or energy field that needs to be released before conception can occur. The first trimester of pregnancy is a pivotal time in the development of the foetus, where craniosacral therapy can correct any distortions along the way to support a smooth pregnancy and facilitate an easy labour. Any back problems or misalignments can be straightened out before the labour, hormones can be balanced and emotional fears and trepidations relieved. I recognise that a child is conscious at conception and capable of experiencing pain and pleasure throughout development.

Treatment can support this young being through its journey of growth and interrelationship. The mother and baby are physiologically, psychologically, spiritually, emotionally and metabolically entwined. The sooner after birth treatment occurs for both mother and baby the better, preferably with 1-3 days of birth, either individually or in a joint treatment.



Lisa Mount with her newborn Jaxon.

ANIMALS & STILLNESS INSTITUTE



The animals close to us don't only have to contend with their own problems, but they often take on their human's issues as well in some form or another.

Although CranioSacral Therapy effectively may treat or alleviate many of the animal's problems, it may be even more beneficial to treat both horse and rider/owner or dog and owner as a combination rather than just the animal.

Often the best course of action is to do one or more sessions on the human first, as this gives him or her the understanding of what is happening in the animal during and between sessions and to understand the changes it is bringing about. It also gives the animal the chance to have less or no impact from its human's issues before CranioSacral work is commenced with the animal.

Multidimensional Craniosacral Therapy/Spiritual Healing, takes into consideration more than the physical and emotional causes of symptoms to relieve contributing factors arising on all levels of the energy field and the entire being. I currently provide spiritual healing, including cranioacral therapy for pets as well as assisting Eva

Kuhl Bornefelt to set up Stillness Institute.

Stillness Institute will be providing courses in Equine and Canine Multidimensional Craniosacral Therapy starting in early 2011.

We will be running a series of free 4 hour seminars with demonstrations and the opportunity to try it yourself. We are also looking for suitable venues to hold both the seminars and the courses.

The courses will run in blocks of 4 days, for 8 blocks for each of the canine and the equine series. If you have any suggestions or are interested in hearing more about the courses, please email me at info@stillnessinstitute.com. Web: www.stillnessinstitute.com



KEEP UP WITH ARTICLES, WORKSHOPS AND SPECIALS VIA MY BLOG

I am now sharing exciting developments, interesting articles, upcoming workshops and special offers via a "whats new" page on the luminescence website. This allows you to subscribe to the page via RSS feed (any additions get automatically emailed to you) and gives you the opportunity to add comments. <http://www.myluminescence.com/whats-new.php>

PRE-CONCEPTION CARE



I am collaborating with **Arahina Healing** (<http://arahinahealing.com>) to provide a pre-conception care package including craniosacral therapy, herbalism, akashic records healing, spiritual healing. I have painted the "Peony" painting as part of this program.

The properties of Peony are:
 PCOS (poly cystic ovarian syndrome), Androgen excess, high/low oestrogen, elevated prolactin, low progesterone
 Threatened miscarriage
 Anovular menstrual cycle
 Irregular menstrual cycle
 Acne due to androgen excess
 Infertility due to unbalanced hormone profile
 Period pain

The soul essence of Peony is:
 Promotes- peace, ease and grace. Tempers self sufficiency and ensures help, support, and a soft landing. It Demolishes reluctance and facilitates a sense of when it is safe to wear the softness of your heart on your sleeve. It is welcoming, returns the heart to innocence and joy, reduces the effects of existing allopathic side effects or damage. Ensures freedom from "sin". Connects to divine angelic support (bring the love from above).

The painting can be used during treatment or placed on the wall to emit the healing vibrations it bestows and to remind you of divine support for your intention to bring a new child into the world.



Top: Peony painting balances pregnancy hormones. The mother flower reaching out its rainbow energy to catch the younger one as it falls from heaven to do its angelic work.

Bottom: Jaxon- newborn baby of Lisa Mount, craniosacral recipient.

Over active uterus during pregnancy
 Heavy periods
 Smooth muscle relaxant especially in uterus, anti inflammatory, hormone regulator

I will also be offering 4 Handed Treatments with Shelley Lemaire focussed on fertility and conception of the incoming soul as of February 2011.

ENERGETIC ART

Heavenly Brothers- Example of soul essence painting. The boys received distance healing individually and as brothers.



Serenity- example of painting available as a print or card in various sizes. This one harmonises you to your environment and your food. Great for transition or sensitivities. Place on your fridge to harmonise your food.

Energetic Healing Painting. The colours around his body are his auric colours. The painting included a distant healing.



2011 Energetic Art Calendar- contains 12 images which emit healing vibration. \$30

For more examples:
www.personalisedintuitiveart.com

CONTACT DETAILS



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