

Motueka Valley Association Newsletter

the river, the land, the people

July 2021

Whare Ranginui Healing Centre

Not far up Graham Valley Road, in a room filled with light and warmth, Sylvia Geddes practices the healing modalities of Reiki, AromaTouch and Past Life Regressions. This is the Whare Ranginui Healing Centre which Sylvia established 20 years ago.

Sylvia was first introduced to Reiki by a friend in Germany. Curious to learn more, Sylvia did her full training when she came to New Zealand 25 years ago:

"I was inquisitive and I never looked back. I didn't feel anything when I did the course at first but then I did. I had to learn to trust, and I do trust." Sylvia says.

Originating in Japan in the early 1920s from the teachings of Mikao Usui, Reiki - **rei** meaning universal spirit, **ki** meaning vital life force or energy - is a healing technique:

"I'm channelling the universal energy above like a conduit or bridge to get the energy to the living being, to where it is needed. People come for emotional or physical issues, for Body, Soul and Mind, you can't isolate it. You can't just say, for example, I've got stomach ache...you have to look at why the person got stomach ache. There's always an emotional background." Sylvia explains.

"I work through the Chakras, starting at the head and ending at the feet for grounding. I don't touch the head but work in the aura around the head. I have my hands slightly on the body."

As Sylvia explains she doesn't have a magic wand:

"...people must be prepared to do the emotional work behind whatever issues they have, take responsibility for their lives and take charge of whatever is going on in their lives. The energy comes in to help you to make the decision to get the body, soul and mind into alignment and blossom. See your inner beauty, your uniqueness, your perfection if you like." A Reiki session takes an hour for the hands-on:

"...with a little bit of chat beforehand and then discussion after. I don't have a time limit, I promised myself I wouldn't do that. If some people take two hours or longer then that's fine."

Animals - cats, dogs and horses - can benefit also from Reiki. For a Reiki session, Sylvia will see animals at their home.

Sylvia is also practised in AromaTouch, a technique using a massage blend of DoTerra oils:



“There are eight different oils applied on the back and two on the feet. They are for balancing, strengthening the immune system, for any inflammation, or for haemeostasis which is getting all the good cells in your body working and eliminating the bad ones. To help with autonomic imbalance.”

“It is massage-like, I use only a gentle touch”

Through the deaths of two husbands, friends and family over her life, Sylvia has had many experiences of grief. From these experiences, Sylvia feels able to offer spiritual grief counselling at the centre also. She stresses that she’s not an “official counsellor” but counsels “...in an intuitive or spiritual way.”

Although she advertises in our local MVA newsletter, Sylvia believes that word-of-mouth is the best form of advertising for her work:

“It’s good to hear about it from a friend. You need to hear from a friend that: I tried this and it worked for me, so you can try it...”, Sylvia says.

Having studied the work of Dr. Brian Weiss, an American Psychiatrist, Sylvia uses his methods of Past Life regression. Sylvia considers that Weiss brought Past Life Regression therapy to the average household. Sylvia also recommends the work of Edward Cayce and Louise Hay.

At the centre, Sylvia offers either a short or long session which can take from two to four hours. Sylvia recommends doing a short session of an hour to start with:

“It’s like a meditation”, she explains, “and most people are quite comfortable lying on the table...Going back into a previous life, you can see where your original problem or fear comes from. For a simple example - a phobia of spiders, or you are allergic to something or you have one cancer after another. It might be relationship problem which comes from a relationship in a past life...”

“It really depends on how open you are. By letting things go your life can blossom and shine, and become more balanced.”



To make an appointment to see Sylvia phone the **Whare Ranginui Healing Centre - 03 5268282**

Fiona Nelson

Reporter

Whare Ranginui Healing Centre

Reiki-healing for animals and people
Past life regressions
Aroma Touch



Sylvia 03 5268282
sylvia.ranginui@gmail.com

Great Taste Trail - Update

Following completion of the Great Taste Cycle Trail from Kohatu to Tapawera in December last year, the Nelson Tasman Cycle Trails Trust has been continuing work on development of the next section of trail from Tapawera to Ngatimoti. The overall stage has been approved and co-funded by the Ministry of Business Innovation and Employment, and Tasman District Council.

The general route is via the Tapawera-Baton Road, over Baton Saddle, to a new cycle bridge over the Baton River, before proceeding down Baton Road to Woodstock, and then through to Ngatimoti. There are many variables and considerations, and when each stage is approved for funding it is a concept only. The task is then to establish and build a trail within the fixed budget that has been provided, that takes into account land access, construction cost and feasibility, long term flood resilience, environmental impact, and engineering approvals. Work to determine the exact alignment is therefore ongoing at present.

There is no fixed or preferred route but a desire to create an attractive trail that is safe for users and that benefits the communities through increased connectivity.

The Trust is aiming to have a route open in late 2021 for the summer season of cycling.

If you have any questions please contact nick@heartofbiking.org.nz.

Nick Ross will be attending MVA meeting on Wednesday 11th August.

Motueka Valley Association

Meetings every 2nd Wednesday of the month at 8pm (7.30pm in winter) in the Ngatimoti Community Rooms.

Everyone welcome!

For community concerns email the MVA at info@mva.org.nz or contact any of the following **committee members**:

Peter Laufkotter	526 8554
Fiona Nelson	020 4160 1968
Joel Briffault	021 0284 7245
Fay Knight	022 320 0449

local halls/facilities

Ngatimoti Memorial Hall

• Bex Douglas • 021 173 1279 •
ngatimoti.hall@gmail.com

Ngatimoti Community Rooms • Sarah Bradshaw • 526 8026

Pokororo Hall • Sylvia Arnold • 526 8282

Woodstock Hall • Kerry Hall • 543 3884

about your newsletter

- delivered on the 1st Thursday of the month to 500 homes in the Motueka Valley from February to December
- send stories, photos & ads by the 20th of the month to the editor, Seiji Kubo:
newsletter@mva.org.nz
- advertising rate: \$2.00 per column cm
- online newsletter + archives: www.mva.org.nz

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**all advertisements 8.5cm wide
\$2 per cm high
Max. 12cm high**

Winter Art Workshops

Motueka

Across July/August 2021 **The Motueka Arts Council** brings a variety of arts workshops, sing, carve, print, stitch, weave and more!

Have fun learning new skills taught by local artists.

Please visit our online booking for more information or pick up a programme at Potter Patch Motueka

TO BOOK: online website - bit.ly/Motueka or email motuekawinterworkshops2021@gmail.com



Pokororo Public Hall AGM will be held on Wednesday June 30th at 7.30pm.

Enquiries to [Barry Eastwood - 0212429377](#) or [Alan Bensemann - 5268848](#)

All welcome, please come and support your locally owned community hall

*ST. JAMES CHURCH
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Family Service

Sunday 18th July at 10:30 a.m.

**Children's Sunday School
Morning tea and social time to follow.
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Location of AEDs in Motueka Valley

- **Woodstock Automotive (Kerry Hall)**
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- **Ngatimoti Community Rooms/Fire Station**
Motueka Valley Highway next to Ngatimoti School
- **Pokororo Hall**
West Bank Road at corner of Graham Valley Road

Motueka Valley Defibrillator Group is a registered charity (CC50792). Donations towards the maintenance of the AEDs can be made to: Motueka Valley Defibrillator Group, NBS acc # 03-1354-0474291-00 or contact Gloria Anderson, chairperson, on 526 8644 for more information.



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Gut Issues ? Hormone Imbalance ? Fatigue ?

Ange Palmer, Clinical Medical Herbalist,
is now in practice in the Baton Valley.

Book online or email via
www.angepalmer.com



Ngatimoti Playgroup is your local Motueka Valley community playgroup focused on fun and friendships, for kids and parents/caregivers alike. We are a welcoming group providing play and socialisation opportunities for all preschoolers and their whanau in our community, regardless of eventual schooling choice. The sessions are free and held weekly during term time on Fridays between 9:15 and 12:15, but families are welcome to arrive anytime during the session to fit in with naps etc. We are based in the Ngatimoti School hall on Greenhill road. Bring a plate for shared morning tea and join in the fun. We love to see new faces and welcome back old friends, so come along or contact Marian for more info on 03 543 3613 / 021 2400 416 or ngati



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Motueka Valley Residents

A private group for people residing in the Motueka Valley area.



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Community Room Ngatimoti

Friday 4.30-6.00pm
St. Andrew's Church Hall Motueka



03 526 8554



Whare Ranginui Healing Centre



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Aroma Touch

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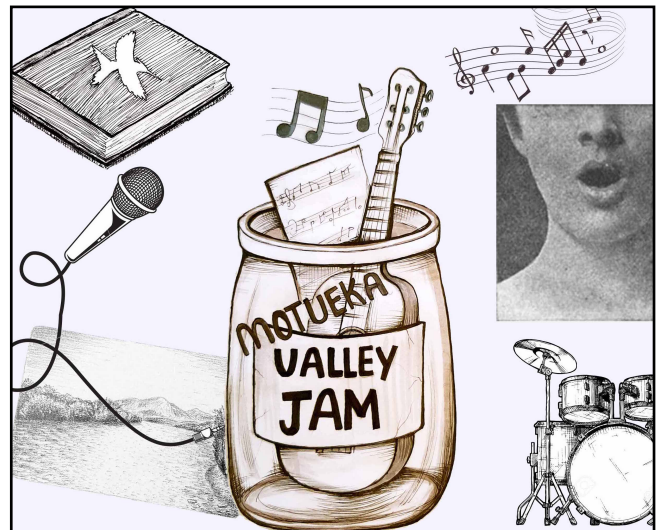
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All are welcome to participate
or just come and enjoy.

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Proudly supported by Ngatimoti Hall
Committee and the MVA.

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