



Definitions

This Natural Therapy page of definitions is set up to give you a good understanding of what the various natural therapy practitioners do. We are often asked at our fairs about the various modalities and thought it wise to share this with you. This list is by no means complete, and we will add to it as other therapists come on board our fairs, but in the meantime.....

Acupuncture: Using needles, acupuncture help to release blockages and subtle imbalances of energy which cause pain and disease.

Astrology: The study of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world.

Aura Photography: Aura photographs the energy around your body and then the photographer / psychic can do a reading based on the colours that present in the photograph.

Chinese Herbal Medicine: Herbal medicine traditionally involves the use of raw herbs steeped in hot water for a period of time, with the subsequent broth reduced to concentrate the active ingredients which is then consumed. While raw herbs continue to be used in contemporary practice, a range of other options for taking herbal medicine are also available.

Crystal Healing: Crystals contain energy vibrations and people are drawn to certain crystals, because of this. A crystal healing uses crystals over certain areas of the body to assist with creating balance and harmony in the body. Crystals are also used in rooms or cars, offices or carried on the body.

Essential Oils: A natural oil typically obtained by distillation and having the characteristic scent of the plant or other source from which it is extracted. Essential oils can be used for a variety of emotional and physical conditions. They can be used as single essential oils or in oil blends depending on what you need to experience and desired benefit. Essential oils can set the mood of a room through using a difuser.

Herbal Teas: Each herbal tea is thoughtfully and therapeutically blended for taste, to create a positive experience which nourishes the palette as well as the spirit. The healing power of herbs helps to restore and bring our bodies back into balance.

Hypnotherapy: A way of accessing the subconscious mind to provide healing at very deep levels. Hypnotherapy is used to make changes, e.g. quit smoking, lose weight, develop confidence and motivation, visualise goals.

Iridology: Diagnosis by examination of the iris of the eye.

Kinesiology: In the complementary health or natural medicine field, is primarily used for muscle testing to identify imbalances in the body's structural, chemical, emotional or other energy, to establish the body's priority healing needs.

Life Coaching: Focus in on goal attainment and the steps to reach our goals. Also the coach will work with you to release / remove blocks to your goal fulfillment.

Meditation: Meditation is a tool to relax the body and slow the thoughts down so that the body can have a profound rest. It is also useful for gaining greater clarity, tapping into your intuition and inner wisdom.

Naturopathy: Naturopathy is a therapy which focuses on the use of natural remedies such as herbs and foods to assist the body's natural ability to heal and maintain itself. Practitioners focus on a holistic approach and may also incorporate counselling as part of their treatment strategy.

Psychic Medium: A psychic medium is someone that can pick up your energy and the energy of passed loved ones and guides and relay this information to you.



Reiki: Practitioners of Reiki tap into the healing energy of the universal life force and channel the energy through their hands into the recipient. The laying on of hands may be felt as heat or warmth by the receiver. Reiki helps to balance and restore your body to optimal health and can be used to relax tight, sore muscles.

Reflexology: Reflexology is more than just a good foot massage, reflexology supports you to deeply relax and release physical and emotional stress. It brings about balance, ease and healing. For either preventative care or in response to physical or emotional distress, reflexology has been observed to create physical changes that can bring about balance, ease and healing. Reflexology improves circulation, calms the nervous system, boosts the lymphatics, improves energy levels, is beneficial for many chronic health conditions – asthma, arthritis, IBS, hormones, pain and stress management and complements medical treatments.

Quantified Mind Body Spirit: Everything in the universe is energy. Quantified Mind Body Spirit offers products and services that provide subtle energetic support and enhancement on all levels of the body, mind and soul. This includes aura chakra scanning, readings, psychometry readings and bioresonance scanning using devices that analyse, balance and harmonize the subtle energy field surrounding your body.

The Emotion Code and the Body Code: Anxiety, depression, eating disorders, disease, panic attacks, phobias and physical pain can all be symptoms of trapped emotions. Instead of just treating the symptoms, the answer is to clear the cause. Using The Emotion Code / The Body Code, they can identify and correct imbalances that are at the root cause of your problems.

Your body has an amazing powerful ability to heal itself if conditions are right, so making those conditions right is important and exactly what the emotion code/body code does. By removing imbalances and trapped emotions, this creates an environment where self-healing can take place.

Visionary Artist: A visionary artist is someone who tunes into the energy around you and can draw it visually. They may draw energy that is around you or from your spirit guides and will then do a reading for you based on the energy in the drawing.

Connections FAIRS

Sydney's Natural Therapies, Psychics & Gifts Fairs



Connections Fairs bring together an amazing array of Holistic Therapists, Psychics, Mediums, Readers and beautiful and unique gifts to indulge you in mind, body and spirit pampering.

April 2nd **Blacktown Workers Club**
June 4th **Burwood RSL**
August 20th **Sutherland Club on East**

Wellness Workshops - Psychics on Stage - Music - Holistic Healers - New Age Gifts

www.ntgf.com.au