



**PURPLE HOUSE**

# **MAZES**

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# VISITING PURPLE HOUSE

- Love the idea of getting lost in pathways that seemingly lead to nowhere? Check out our mazes.
- Suffer from Nature deficit disorder? Have a forest bath in our beautiful deciduous forest.
- In need of deep peace? Walk our 250 meters of mysterious labyrinth.
- Can't wait to sit down for a coffee? Use your **free coffee vouchers** at Alchemy Café.
- Need to get rid of stress, aches and pains? Wait no longer and treat yourself to a wonderful massage, reflexology or healing session inside our wellness centre.
- Do you feel like spending an entire day in a parallel universe with your kids, be tempted to try out all the above! Alchemy Café in Forth also generously offers a play room for children, so now you can have your cake and eat it too!
- In need of inspiration? Read 'You Are The Miracle! How being hit by a truck saved my life' from <http://bit.ly/youthemiracle>. My autobiography and free workbook will inspire you to live your life to the full and become unstoppable.

# THE WINDING HISTORY OF OUR MAZES.

When Peter and I clapped eyes on The Manse, as it was called, it was love at first sight. I think it was mutual, because our home happily stretched and shrank, accommodating the comings and goings of our six children and now enveloping the Purple House Wellness Centre. It has rewarded us with 2 decades of glorious living.

Back in 1999 the garden and land had an aura of neglect with horse paddocks on one side and a sheep enclosure on the other side of our home. A couple of snakes had set up home in a ramshackle shed and the 8 acres of riverflats had been used and abused for potato crops.

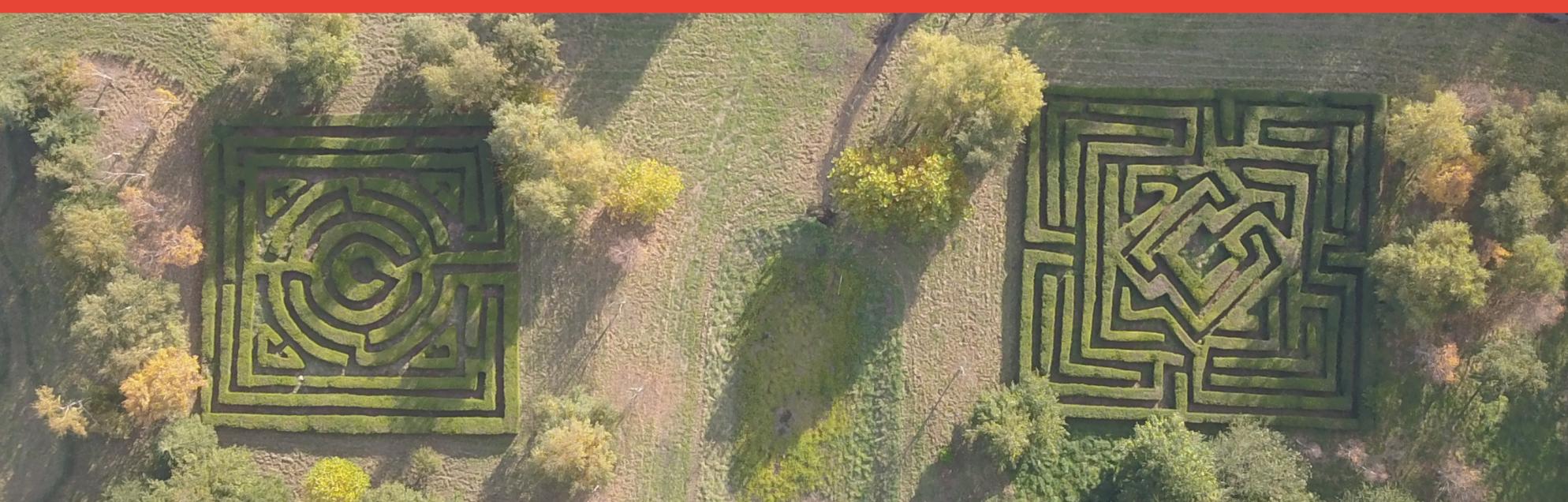
We immediately got to work landscaping, starting out from the French doors of the kitchen, ending up with different garden rooms, all boxed with clipped hedges. We had a Japanese garden, a medieval herb garden, a vegie garden, a rose garden and the list went on. Not satisfied with that, Peter and the kids planted a deciduous forest because I had always been homesick for Northern European forests.

After planting 1000 trees in one weekend, two spaces opened right in the middle of the plantation, perfect for a couple of mazes.

I believe the mysterious urge for mazes resides deep within each human being, so we never questioned it. Lacking funds, we collected boot loads of cuttings from a neglected graveyard at a secret location in the NW and got to work.

Peter copied several ancient designs, and with a piece of paper, a load of cuttings and kids, he measured out his design on the grass with pieces of string.

The maze with the diamond shape, was planted first. Now that the kids knew what to do, we expected them to plant out the round maze, which they did. I can't remember if we ever paid them any pocket money, but they had fun, whacking each other over the head with branches and cuttings and learning valuable maze building skills. They simply accepted it as part of their lifestyle, along with growing and harvesting 50 types of garlic, eating homemade bread, yoghurt and sauerkraut, family gatherings under the trees, lying around in hammocks and bonfires.



This all ended when I got hit by a truck in 2006. We needed to simplify our lives. Garden rooms were minimized. Hedges made way for lawn. The forest and mazes were abandoned, but they didn't seem to mind. They probably longed for much needed peace and quiet! The area became inhabited by thousands of rabbits and dozens of feral cats, mother nature creating a precarious balance between cat and rabbit.

The first hundred-year floods decimated the mazes. Bit by bit we resurrected the area and by June 2016, our mazes and river flats were picture perfect.

That's when the second, even more devastating flood struck Forth. We were flooded in and when our gardener returned to see the size of the destruction, he instantly resigned. We didn't blame him. All his hard work had evaporated overnight, along with the rabbits and feral cats.

We put the whole area on the back burner once again.

In 2017 we had the good fortune to find a fantastic gardener and landscaper. Since then the forest hasn't looked back.

Trees, mazes and plants love the touch and attention of caring humans as much as we do, as you can see.

Today, our trees are some of the first to leaf up, the grass never stops growing in the winter and the mazes are rewarding us with a wonderful opportunity to lose and find ourselves again.

Isn't this what life's all about? Death and destruction are followed by new growth. What is lost is waiting to be found. The answers to our problems are found inside our own mysterious depths.

*We hope that you enjoy your Purple House A-Mazing experience as much as we do! - Grada*





# WHY FOREST BATHING IS GOOD FOR YOU

Forest bathing involves slowly walking through a forest, taking in the atmosphere through all your senses, helping you to relax deeply.

The concept of forest medicine, studying the link between forests and human health began in Japan in 1982. With millions of people living in crowded conditions, Japan launched a national program to encourage forest bathing. Today, millions of people walk forest trails to ease stress and enhance a sense of wellbeing. They discovered that spending time in a forest reduces stress, anxiety, depression and anger and boosts your immune system, revitalises your heart and arteries and speeds up your metabolism. Wherever there are trees, we are healthier and happier. This isn't about exercising. It is simply about being in nature because we are hardwired to connect with nature.

It's been estimated that the average American spends 93% of the time indoors, with around 10 hours a day on social media, which is more than they spend asleep. While in Australia we have ample space and nature, 'Nature deficit disorder' affects most people who are addicted to their electronic devices. This is true for children and adults alike!

Give it a go and discover for yourself what's so special about being in a forest. Don't be surprised if you sleep much better tonight!



# LABYRINTHS FOR VITALITY!

A labyrinth is an ancient symbol that relates to wholeness and wholeness is the old-fashioned word for health. Today, it is believed that walking the labyrinth can awaken the encoded messages within our DNA. Whether you believe this is true or not, the labyrinth is a potent practice of self-integration. On our journey in, towards the centre, we cleanse ourselves from the dirt of the road (our worries, stresses and limiting beliefs).

On the way out, we are feeling refreshed from having touched or tasted the centre (our infinite self) and we become conscious again of our body and to enjoy our human experience in all its richness.

Today, I invite you to walk our labyrinths for your own reasons. You may be seeking:



Alignment  
Deep peace  
Connection  
Relaxation  
Inspiration



Answers to your questions.

I would love to hear about your experiences! Please email me at [hello@gradarobertson.com](mailto:hello@gradarobertson.com)

# MASSAGE AND MORE

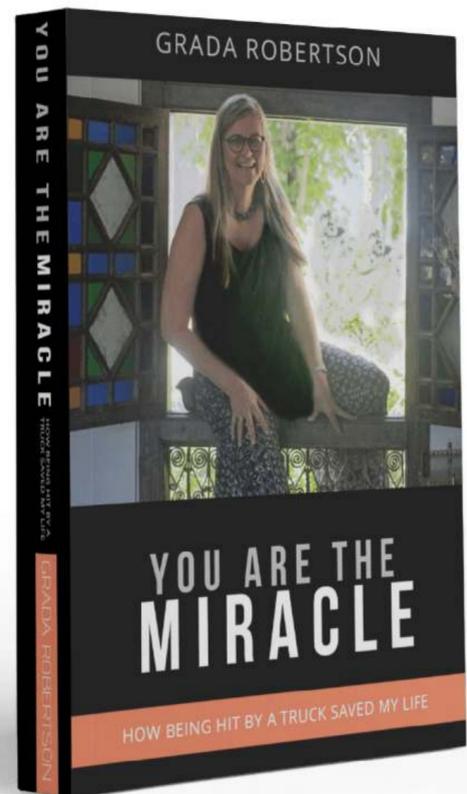
Can't remember the last time you didn't feel tired or stressed? Book yourself in for a wonderful massage. (Claimable on private health funds.)

Do you have painful symptoms and medical tests come back as normal?

Get acquainted with our super talented team of therapists and book directly via our website or the Purple House App for Android and iPhone.

We help you to **'Find the cause instead of pushing around the symptoms.'** No two people are the same and we treat each person as an individual. We have worked with over 12,000 clients, and we are happy to say that thousands of people are now free of pain, happy, relaxed and fulfilled because of our treatments.

[bit.ly/massageandmore](http://bit.ly/massageandmore) or call 64283007 to book today.



*"My beautiful friend Grada Robertson, has just released her fabulous memoir; You Are The Miracle!: How being hit by a truck saved my life. You'll laugh, cry, learn quite a bit and be amazed by the tenacity of Grada and her family."*

Karen Collyer, author of "Shame, Guilt and surviving Martin Bryant"

Get your copy and support a Tasmanian author at: <http://bit.ly/youthemiracle> and immerse yourself in more of the Purple House history as well as Grada's recount of her near death experience and miraculous recovery.

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**47 Wilmot Rd, Forth**  
**Open 10am - 4pm**



**Please be aware of where your children are at all times as there are open waterways in multiple areas of the property.**