

Syandra Health Centre

April 2010

a centre for meditation and emotional healing



Easter Greetings!

The first Monday of the month falls on Easter Monday, so our next Monday Meditation will

be the following week at 7.00pm on **Monday 12th April**. We hope you can join us for an hour of peace and tranquillity.

The venue is All Souls Anglican Church, next to the Chapman Shops on Perry Drive. The meditation finishes at 8.00pm and you are welcome to join us afterwards for coffee and Tim Tams.

Michael's Meditation CDs are available to purchase on the night at the special price of \$20.00. We also have music only CDs and the 'bells' CDs available at \$25.00. You don't need to book, just come along. The cost is \$10 at the door.

Relax Your Way to Perfect Health

A comprehensive scientific study by researchers at Harvard University has shown that long-term meditation practice helps to activate genes that help fight disease.

"We found that a range of disease-fighting genes were active in the relaxation practitioners that were not active in the control group", explains Dr Herbert Benson, associate professor of medicine at Harvard Medical School.

But, fortunately for those in the control group, it didn't stop there.

Harvard researchers then asked the control group (with the less active disease fighting genes) to start practising meditation every day. After two months their bodies began to change – the genes that fight inflammation, kill diseased cells and protect the body from cancer, all began to switch on.

The research showed just how responsive genes are to behaviour, mood and environment. It also revealed that genes can switch on just as easily as they can switch off.

Previous research has described how stress and stress related hormones, adrenalin and cortisol, raises heart rate and blood pressure, weakens immunity and lowers fertility. In contrast, deep relaxation is linked to feel-good chemicals such as serotonin and growth hormone, which repairs cells and tissue. Deep relaxation is the opposite of stress and has the opposite effects, lowering heart rate, normalising blood pressure, boosting immunity and enabling the body to thrive.

The research comes with a warning. The effect won't be achieved by lounging around in an everyday way, nor can you force yourself to relax. You can only really achieve it by learning a specific technique such as guided imagery or meditation.

For me, the most encouraging thing about the research is that you don't have to be meditating for years to gain better health - it only takes 2 months of regular meditation to literally change the body!

(From an article in 'The Independent', July 29 2009.)

When Affirmations Aren't Enough

Can we change the way we feel by using affirmations? Can we learn to be more self-possessed, more patient, and more self-confident by repeatedly telling ourselves that we are all these things?

Have you ever tried talking yourself out of negative emotional states with sheer logic? Perhaps you've even developed strategies to distract yourself and keep yourself too busy to feel the discomfort inside?

Let's face it; the use of such strategies, positive thinking and affirmations seems to make good sense – and sometimes they work, but what I hear from many of my clients is more often they do not work...

So if they don't work for you, what do you make of that? It can appear like just another failure, another reason to beat up on ourselves! As one client put it, there were only two explanations for failure, "I'm either stupid, or not trying hard enough and therefore lazy!" So when are affirmations not enough?

In my experience, there are persistent, deep-seated emotional and feeling memories that are both diminishing and frightening – and these emotional states require more than just a 'top-down' approach like affirmations.

These deep-seated emotional memories do not respond to logic or rational thinking (e.g affirmations). However, they do respond to deep relaxation and *subconscious* therapy such as Private Subconscious-mind Healing (PSH). Through meditation we experience deep relaxation and a suspension of the rational, critical brain, which in turn allows access to our deeper subconscious structures where our emotional memories are held. PSH goes a step further and gives the subconscious the cues and clues to review, dissolve and heal the emotional inhibitors.



The outcome is a re-emergence of the natural self with healthy self-respect and self-confidence, often experienced as lightness, increased energy and spontaneity.

When rational logic and affirmations don't change the way you feel, you may need a bit of help at the subconscious level – and I know that PSH therapy works!

Meditation Made Easy

We are taking bookings for our next course starting Wednesday 5th May 2010.

You can check out our website for details of the course and the different meditations that are taught over the six weeks. There are a wide variety of techniques taught – and certain to be something that works for you.

The cost of the course (including the 2 CDs) is \$185.00. For those who are thinking of repeating the whole course, the cost to retake the course is \$110.00.

...And many thanks for passing onto others information about Meditation Made Easy!

Michael's Clinic

Michael runs a fulltime clinic offering the following services:

- **PSH** – one on one therapy for anxiety, depression, grief, stress, sleep difficulties, etc.
- **Hypnotherapy** for quitting smoking and other addictions.
- **Meditation** individual tuition.

To make an enquiry or a booking please call 6287 1710 or send an email to: info@syandra.com.au

You can also get more details from our website, www.syandra.com.au

Please feel free to forward this newsletter onto others who may be interested.

Michael & Deb Masani