

# Syandra Health Centre

a centre for meditation and emotional healing

August 2008



**Greetings!**

**A reminder that our next Monday Meditation will be on Monday 4th August at 7.00pm.**

We hope you can join us for a special hour of peace and tranquillity.

There will be time for quiet mindfulness, followed by a guided meditation.

We finish the meditation with a short chant.

The venue is All Souls Anglican Church next to the Chapman shops on Perry Drive. Stay later if you can. Supper is provided after the meditation and the cost for the evening is \$8. No you don't have to book, just come along...

A reminder that there will be **no Monday night meditation in September.**

Future dates to make a note of are **Monday Oct 6<sup>th</sup> and Monday Nov 3rd.**

## **Meditation Made Easy**

Our next 6-week course starts **Wednesday 15th October 2008.**

Meditation Made Easy teaches you the skills to calm the mind, relax the body and find inner peace, in a friendly, down to earth, atmosphere that is totally in keeping with our western mindset /culture. There is no religion and no 'new age' speak.

The cost is unchanged at \$165.00, which includes 2 CDs of guided meditations.

If you can't make all six sessions, you can catch up missed sessions on a subsequent course with no extra charge. And if you are thinking of retaking the whole course, there is a special price of \$95.00.

## **Meditation Stage 2**

Interested in taking your meditation further? There has been a strong response to our announcement last month about our Meditation 2 course later in the year.

There will be more advanced practices designed to deepen awareness, (including the 'Big Mind' process), meditations on healing and meditations to help release us from unhelpful subconscious conditioning.

The course is designed for people who have had at least 3 months regular meditation practice.

Interested? Give us a call or send an email

Dates: 6 Monday evenings starting **October 13th** (skip Nov 3rd and finish **November 24th**). Cost \$185.00.





## Meditation by the Sea

We had a wonderful retreat weekend, and our thanks to everyone who came and helped to make it a very special time.

We were blessed with the weather, which was fine and sunny, although we did hear reports that some people saw snow on the way home going up the Clyde!

The food was particularly delicious (!) a great credit to Deb and our two wonderful helpers Nicole and Dimity.

## Stories from the clinic room

*(Names are not real, but the stories are...)*

Christine found the meditation helpful, but for some time was aware of persistent tension in her face even when the rest of her was relaxed.

It is sometimes the case that some part of us will hold on stubbornly while the rest of our body has completely let go. This holding will usually reflect some unresolved emotional issue.

Then during a recent session Christine had the experience of breathing in a golden light into her heart and feeling the tension “dripping off” her face.

This had been preceded by a subconscious memory that she was later able to describe of bullying and humiliation she had felt around changing schools at 7 years old.

She had not consciously thought of those events for a long time.

But the subconscious has its own ways of releasing emotional pain and this can sometimes lead to corresponding physical release.

## Michael's Clinic

The clinic will be closed from August 15th to September 23<sup>rd</sup> – and will reopen on **Wednesday 24 September** to offer the following services:

- PSH (Private Subconscious-mind Healing) one on one therapy for anxiety, depression, grief, stress, sleep difficulties, etc.
- Hypnotherapy for quitting smoking and other addictions.
- Meditation individual tuition.

To make a booking enquiry while the clinic is closed please send me an email.

You can also get more details from our website: [www.syandra.com.au](http://www.syandra.com.au)



Meanwhile, we hope you enjoy watching the Beijing Games!

**With love and kindness**

**Deb and Michael Masani**

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

Further information on any of our events or services is available on our website:

**[www.syandra.com.au](http://www.syandra.com.au)**