

Syandra Health Centre

a centre for meditation and emotional healing

August 2010

Mid-winter greetings!

Meditation Made Easy

Places are still available for our next course starting Wednesday 28th July 2010.

Some of you may have watched the story about Transcendental Meditation (TM) on the ABC's science show **Catalyst** last Thursday?

TM is an organisation that teaches Mantra meditation. It was formed by Maharishi Mahesh Yogi (the Beatles guru) back in the 1960s and was the biggest influence for introducing meditation to the west.

In many ways, the **Catalyst** story was a lot like an infomercial for TM – with so many health benefits reported by meditators and doctors alike and these supported by brain scans that clearly showed the different brain activity when someone went from simple relaxation into meditation.

The only downside is the cost of learning the TM techniques – with courses starting at \$1,500 per person.

I was initially taught meditation by Walter and Gita Bellin back in 1980 in Sydney. Walter and Gita were themselves taught by the Maharishi Mahesh Yogi in India during the 1970s – and yes, they actually did sit at the guru's feet – just like the Beatles!

I have continued to practice with the same mantra I was taught in 1980. Since then, I've learned many other forms of meditation but I still love the mantra practice for its simplicity and effectiveness.



The good news is that you can learn mantra meditation (and reap the many well evidenced benefits) for far less than \$1,500...

Mantra meditation is just one of the techniques that I teach as part of the **Meditation Made Easy** course.

The cost of **Meditation Made Easy** is \$185.00 per person and that also includes two CDs of guided meditations.

For those who are thinking of repeating, the cost to retake the course is \$110.00.

You can check out our website for more details of the course and the different meditations that are taught over the six weeks.

Monday meditation

Our next Monday Meditation will be at 7.00pm on Monday 2nd August 2010.

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 pm and you're 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 CDs and the 'Tibetan bells' CDs available at \$25.00.

You don't need to book, just come along. The cost is \$10.00 at the door.



Sleep Difficulties

I estimate more than half my clients have sleep difficulties. Whether it's difficulty getting to sleep, or having interrupted sleep patterns, or repeated nightmares, so many people are not getting good, regular rest at night.

This can affect our lives in many ways; poor concentration, memory loss, difficulty making decisions and feeling tired or exhausted a lot of the time.

While there are many reasons for this, my experience is that our capacity to sleep well is directly linked to our ability to let go. It's hard to let go if we are anxious, or worried, or feel like we're juggling too many things in our lives. There is a contraction that occurs around anxiety - a holding on that is the antithesis of letting go. This can exist at a subconscious level, so that even when we are asleep there is an underlying discomfort that causes the sleep to be light and interrupted.

To enjoy deep sleep we must re-learn the letting go response and dissolve the emotional stuff that triggers anxiety. These are mental processes that PSH therapy teaches you to do – for the most part unconsciously.

This is not cognitive processes – instead, learning to relax deeply and profoundly means that the rational, analysing, forever thinking part of the brain quiets down and we get more access to the deeper structures of the brain and our mind.

The deeper structures correspond to other aspects of ourselves, such as inner peace, healing, creativity, natural joy and the many functions that are carried out in deep sleep.

Sleeping peacefully at night is a precious ability and perhaps only those who have difficulty know just how precious it is!

Michael's Clinic

Michael runs a fulltime clinic offering the following services:

- ✓ **PSH (Private Subconscious-mind Healing)** one on one therapy for anxiety, depression, grief, stress and sleep difficulties
- ✓ **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



For more information visit our website at www.syandra.com.au, and please feel free to forward this newsletter onto others who may be interested.

With love and kindness

Deb and Michael Masani