

Syandra Health Centre

a centre for meditation and emotional healing

December 2008



Greetings!

A reminder that our next Monday Meditation will be on Monday 1st December 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...

Future Dates to note are Monday 5th January and Monday 2nd February 2009.

Meditation Made Easy

Our next 6-week course starts **Wednesday 11th February 2009.**

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 CDs

We have four CDs of guided meditations, all are very relaxing and available to purchase and all make ideal Christmas presents for a very stressed world!

- ***Meditation Made Easy*** contains Mantra Meditation, Mindfulness Meditation and Loving Kindness Meditation.
- ***Enchanted Dreams*** contains two guided visualisations or inner journeys, Inner Sanctuary and Wings of Love.
- ***Sacred Seed*** contains Bridging the Universe and Sacred Seed.
- ***Healing*** contains The Healing Garden and Healing the Body (pt 1 and pt 2).

All CDs are \$25.00 each and can be ordered direct by phone or email.



Sleep Problems

Sleep problems can leave us feeling tired and irritable during the day and exacerbating stress factors in our life. Anxiety can be heightened and if not addressed, depression can set in.

If we have disturbed sleep we start to anticipate another night of restless tossing and turning and even dreading the prospect of going to bed. Frequently people will get to sleep for a few hours, only to be wide-awake again in the middle of the night.

I have had a great many clients whose lives have improved enormously as a result of being able to get a regular good night's sleep.

So much depends on the letting go response and sleep is all about letting go. There is no other way of going to sleep; it's just that 'uhh' letting go... It's so natural, so innate, so why do we have such trouble?

There can be various reasons, but often it is the holding and tension states typical of anxiety. When we are anxious there is a difficulty because it feels vulnerable to let go, as if something awful could happen, or I will be out of control. Thus the conditioned mind resists sleep, preferring to stay aware and in control. Uncomfortable levels of physical tension often accompany this state and add to the difficulty in going to sleep or getting back to sleep.

Meditation practice helps us to become familiar with the letting go response. We become confident again, knowing from our repeated experience we can find a calm mind and comfortable body.

PSH therapy is even more powerful as it has the added advantage of resolving underlying emotional conflict.



Meditation 2

If you are interested in further developing your meditation experience and learning a wider range of practice we will be running Meditation 2 again starting **Monday 18th May 2009**.

Exercise Increases Brain Growth!

A new study confirms that exercise can reverse the age-related decline in the production of neural stem

cells, suggesting exercise restores a brain chemical which promotes the production and maturation of new stem cells. The area of the brain involved in the study was the hippocampus, which plays an important role in memory and learning.

The study was carried out at the National Cheng Kung University Medical College in Taiwan.

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, sleep difficulties, etc.**
- **Hypnotherapy for quitting smoking and other addictions.**
- **Meditation individual tuition.**

Michael is available for appointments up until Christmas and from Monday 12th January 2009.

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

Stories from the clinic room

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

Bronwyn came to see me saying she had suffered social phobia all her life and always tried to avoid social events.

She felt a sense of dread at having to meet people. Going to school had been the worst experience for her.

Her father had died when she was 1 year old and with 5 children her mother had had a breakdown trying to keep her family together and deal with her grief and loss.

As a child, Bronwyn described how she had felt she was a burden, a nuisance, in the way, taking up too much space.

On our second session she described an experience that came during meditation of a big wave coming from a deep level within her. "It wasn't scary – I just allowed it for the first time. It was wonderful – really freeing. It came up from this deep black place and washed through me. I mean, you can never go back from there, (laughing)".

Amid tears of happiness she said, "I think my breathing should improve now –it's always been very shallow..."

On the fourth session Bronwyn described an image that arose unbidden in her mind.

"I saw a woman seated at a long table, smiling at me. It was so friendly, that smile, there was nothing I could have been afraid of. She was happy I was there; it made me feel like I'm an equal.

Now I feel like I've just been born, like a clean slate. There's this bright plain all new before me. Now I can start walking on it".

Witnessing this amazing transformation, it was impossible not to be moved and there were several times in our sessions that I felt emotional.

I have a feeling that Bronwyn will be accepting a lot more invitations from now on...



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

We give thanks for places of simplicity and peace.

Let us find such a place within ourselves.

We give thanks for places of refuge and beauty.

Let us find such a place within ourselves.

We give thanks for places of nature's truth and freedom, of joy, inspiration and renewal, places where all creatures may find acceptance and belonging.

Let us search for these places: in the world, in ourselves and in others.

Let us restore them. Let us strengthen and protect them and let us create them.

May we mend this outer world according to the truth of our inner life and may our souls be shaped and nourished by nature's eternal wisdom. (Michael Leunig)

Wishing you a happy and peaceful Christmas, Deb and Michael Masani

