

# Syandra Health Centre

a centre for meditation and emotional healing

December 2009

## Christmas Greetings!

Our next Monday Meditation – the last for 2009 - will be at 7.00pm (the usual time) on Monday 7<sup>th</sup> December 2009. 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.

Meditation CDs are available to purchase on the night, and you don't need to book, just come along. The cost is \$8.00 at the door.



## Christmas Bells – a great gift!

The most popular background music played during meditation sessions

is not music at all, but a recording of Tibetan bells and singing bowls. The artist is **Deuter** and he calls the album '**Nada Himalaya**'.

It has a wonderful trance-inducing effect and I am often asked about it on courses.

**We now have this album in stock and it can be purchased just in time for Christmas.**

We also have 2 other albums by Deuter:

**Wind and Mountain**, beautiful music and nature sounds that makes ideal background for meditation.

**Tibet – Nada Himalaya 2**, more sublime sounds from Deuter's vast collection of Tibetan singing bowls.

We also have a stock of music-only CDs by **Jeff Clarkson**:

**Butterfly** ~ I have used this CD regularly for meditation sessions for over 20 years. I have yet to find a better CD of its type.

**Openings** ~ More lovely relaxing music – this was used as background to part of the 'Meditation Made Easy' CD and 'Sacred Seed' CD.

**A New Eden** ~ This was also used as background to the 'Meditation Made Easy' CD and 'Healing' CD.

And of course, we have four CDs of guided meditations, all with Michael's voice and background music and all are very helpful for practicing meditation.

These are all available to purchase and all make ideal Christmas presents for a very stressed world!

**Meditation Made Easy** our flagship CD contains Mantra Meditation, Mindfulness Meditation and Loving Kindness Meditation. A wonderful place to start.

**Enchanted Dreams** - for those who love guided visualisations, this is a must. It contains 'Inner Sanctuary' and 'Wings of Love'.

**Sacred Seed** contains two special guided journeys with inspiring imagery: 'Bridging the Universe' and 'Sacred Seed'.

**Healing** contains meditations that have a theme just as the title suggests. There are 3 meditations: '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.

## Meditation Made Easy

**Our final course for the year has just finished. Judging by the responses it hit the mark with participants and gave them the tools to make life a lot more relaxed and pleasant.**

We have had over 150 people do our courses this year. Again many thanks to everyone who has passed on information about Meditation Made Easy – this is very much appreciated.

We are taking bookings for our next course starting Wednesday 17<sup>th</sup> February 2010.

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

Whoever you are (and so many people have told us beforehand that they simply can't relax!), we are very confident that there is always something that will work for you. There are so many benefits from learning to meditate, so please keep telling your friends – or pass on this newsletter!

The cost of the course next year (including the 2 CDs) is \$185.00. The cost to repeat the whole course is \$110.00.

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*Some things are worth repeating...*

**Meditating on the Sweet Sound of Kindness** (*Originally published in the Melbourne Age and re-printed in our April 2008 newsletter*)

'Kindness can be learnt in the same way as playing a musical instrument, scientists claim.

A study involving Tibetan monks shows that practising meditation, even for a short time, can help people become more compassionate.

Researchers found that when people meditated, responses in the part of their brains that processed other people's emotions became stronger.

The longer a person had practiced meditation,



the more intense their reactions were, according to findings published in the Public Library of Science online journal this week. **The team, who carried out the study from the University of Wisconsin, believe the results could help relieve the symptoms of depression.**

Richard Davidson, who led the study, said the reactions among both groups had been very powerful. The study offered proof that emotional reactions could be changed over time with practice, in the same way as people learn to play a musical instrument or become skilled in a sport.

"People are not just stuck at their respective set points," he said, "We can take advantage of our brain's plasticity and train it to enhance these qualities."

To test the theory that cultivating feelings of kindness towards others could affect the regions of the brain that control empathy, the researchers taught 16 volunteers the basics of meditation for two weeks.

Their training involved first being asked to concentrate on an image of a loved one and to feel warmth towards them. Later, as training increased, the novices were asked to imagine the same thoughts without applying them to a specific person.

Brain scans were then used to assess the affect of practicing compassionate meditation on the brain and compared with the same tests on 16 Tibetan monks and lay practitioners, all of whom had meditated for a minimum of 10,000 hours.

The study found that, whenever they began to meditate, both groups showed significant activity in a part of the brain linked to empathy.

The ability to create compassionate feelings could be useful in preventing those susceptible to depression from developing the condition.'

**A loving kindness meditation** is included in our 'Meditation Made Easy' course. It is also part of our 'Meditation Made Easy' CD.

## 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.**

To make an enquiry or a booking please call 6287 1710 or send an email to:

[info@syandra.com.au](mailto:info@syandra.com.au)

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

## Stories From the Clinic Room

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

### **Orphaned Feelings**

On our first session Annabel told me she was constantly nervous and anxious. She talked of experiencing fearful expectations of the future and low self-esteem. She also felt frustration and she was worried she was getting angry with her children.

But in many ways her life was ideal; she was happily married with two gorgeous kids and a good job. Her partner was 'lovely and even tempered'. She felt she had no reason to be this way and this added to her torment.

The story of her childhood helped explain the puzzle.

Her parents had split up when she was young and the family had been through a difficult trauma.

On her second session Annabel was feeling much calmer, and less burdened: very different. She said there had been no outbursts during the week. She was able to go noticeably deeper into her meditation.

However, Annabel rang me the next day to say she had been a bit negative and cranky. She was only mildly concerned, but surprised, as she had felt on 'cloud nine' when she left the session.

I explained that this can happen as part of the subconscious process. *"It's old stuff – I call them 'orphaned feelings' that bubble up.*

*It's part of the 'letting go'. It can feel uncomfortable, but just know that it is strangely positive. Try to 'be with' the discomfort; breath into it and it will pass. The meditation practice should help this along".*

True enough, a few days later Annabel reported those uncomfortable feelings had quickly passed. Subsequently Annabel went from strength to strength. She continued to feel increasingly good and much more relaxed with her kids. Her partner noticed a big difference and her work colleagues also commented on the changes.

After 4 sessions, her final comments were, *"I'm a completely different person. It's changed my life!"*

Orphaned feelings are a frequent effect of PSH therapy and signal a profound letting go of old emotional stuff we had been unable to process in the past. A mild discomfort that, when seen in this light, is wonderfully positive.

Several weeks later Annabel tells me she is continuing to feel great.

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And last, but not least, we wish you a happy and peaceful and truly merry Christmas!

***With love and kindness***

***Deb and Michael Masani***

