



Happy New Year!

Greetings!

A reminder that our next Monday Meditation will be on Monday 2nd February 2009 at 7.00pm.

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

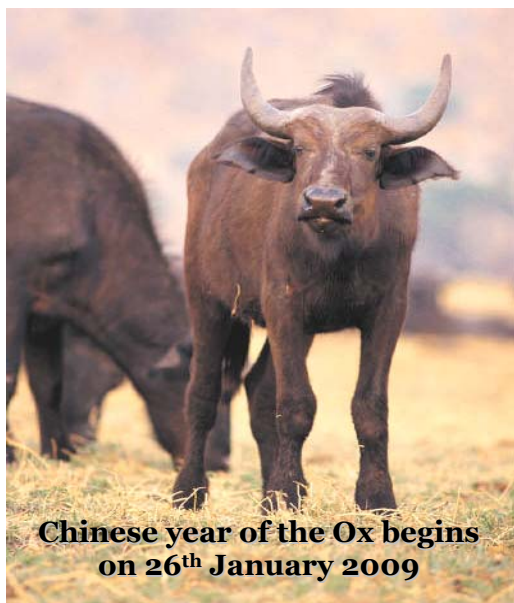
There will be time for quiet mindfulness, followed by a guided meditation.

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...

Meditation CDs will be available to purchase on the night at the special price of \$20.00.

Future dates to note in your diary are **Monday March 2nd** and **Monday April 6th**.



Chinese year of the Ox begins on 26th January 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:

- ***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 two guided visualisations, Bridging the Universe and Sacred Seed.
- ***Healing*** contains two meditations, the Healing Garden and Healing the Body.

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



Meditation by the Sea

Reserve these dates!

Our meditation retreat this year will be held on the weekend of **Friday 7th August to Sunday 9th August 2009**.

The retreat offers a great mixture of meditation and yoga and communion with nature in the beautiful surrounds of Kioloa Beach, which is situated 30kms north of Batemans Bay.

The catering is fully vegetarian, plentiful and delicious (just ask anyone who has been!).

Cost if registered by March 15th \$395.00 p.p.

If registered by June 30th \$425.00 p.p.

Registrations after July 1st \$440.00 p.p.

These prices are all inclusive, fully catered and based on two people sharing a cabin. Each cabin has two bedrooms, one bathroom, a small kitchen and living area and veranda.

If you prefer a cabin to yourself a limited number are available for an additional \$90.00.

You can register now by sending a deposit for \$100.00 to Syandra Health Centre 12 Banvard Place Chapman 2611.

Meditation 2

Are you are interested in further developing your meditation experience and learning a wider range of practices?

We will be running **Meditation 2** over six Monday evenings from 7.00pm to 9.00pm starting **Monday May 18th 2009**.

Please call 6287 1710 for more details.

Memories

Most of us have had the experience of driving long distances, only to realise we don't remember driving during parts of the journey.

It was as though we were operating with perception but unconsciously or with a low level of mental activity and minimal consciousness.

Another way to describe it would be to say there was no *self* in it; in a way similar to animals.

To experience our *self* requires another kind of consciousness – a later stage of development we might call introspective consciousness.

Thus introspective consciousness is consciousness of *self*; *being aware that we are aware*. And apparently, it is an important aspect of memory.

The long distance driver was acting on stimuli, while in a state of mind where the sense of *self* was absent, and later has little conscious memory of parts of the journey.

A possible conclusion is that unless mental activity is monitored by introspective consciousness, then it is not remembered to have occurred.

It follows that without introspective consciousness there would be little memory of the past history of our self. In fact, without introspective consciousness we would not be aware that we exist.

Introspective consciousness implies 'doubleness'; a separation between consciousness itself and the contents of consciousness.

I found these ideas in **Russell Meares*** book '**The Metaphor of Play**'.

I thought it interesting and similar to the doubleness that is the essence of meditation, where we learn to step back in our mind and witness our thoughts as objects in our awareness.

Doubleness is also involved in aspects of PSH, where the person is invited to witness or visit younger aspects of themselves to gain insight or experience compassion.

Interestingly, doubleness is lost in times of overwhelming emotion and trauma – and the memories of these emotions are unable to be integrated like normal memory. These unintegrated feelings are at the core of Post Traumatic Stress disorders, anxiety states, panic attacks, etc.

In my experience, working with doubleness in the calm and safe environment of therapeutic trance (meditation, PSH or self hypnosis) can be a vital part of healing damaged aspects of our self; helping to integrate traumatic memory.

**Russell Meares is Emeritus Professor of Psychiatry at University of Sydney and Westmead Hospital. He is the son of Ainsley Meares, who pioneered the use of Meditation for promotion of healing cancer patients.*

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 email info@syandra.com.au

Stories from the clinic room

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

The lead up to Christmas is not always the best time to quit smoking.

George came to see me in December and assured me he was ready to quit right away.

At that time George would start his day with a cigarette and would skip breakfast. He didn't think he could relax; he hadn't slept well for a long time; his mind was constantly thinking about work and planning what he has to do.

He told me he smoked 'out of boredom' when he had nothing to do, or when he was planning or plotting.

George did have difficulty on the first session; was only marginally relaxed and later complained "he didn't know what to do".

During the following week he tried using a meditation CD but again found he couldn't relax. At this stage I was concerned for George – unless he could learn to relax and let go there was little hope for him quitting smoking.

However, on the second session he appeared to get quite deep and especially so at the finish.

(I have often noticed how people who initially have difficulty learning to meditate or learning to relax will suddenly 'get it' and surprise everyone by dropping down a whole level.)

It was a real breakthrough for George – just to learn that he could relax and how nice that felt! This was success regardless of the smoking outcome. Furthermore, we were able to use the time to communicate with his subconscious and attempt to get all parts of his mind to agree to George becoming a non-smoker.

I learnt this week that George has not had a cigarette since, although his wife continues to smoke around him. Clearly it was the right time for George, and it made no difference to him that it was Christmas or that other people around him were smoking.

I don't know but I'd like to think he has breakfast these days...

Please forward this newsletter onto others who may be interested.

Deb & Michael Masani

