

# Syandra Health Centre

a centre for meditation and emotional healing

July 2009

## Greetings!

Our next Monday Meditation will be at 7.00pm prompt on Monday 6<sup>th</sup> July 2009. We hope you can join us for an 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. 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 at the special price of \$20.00.

You don't need to book, just come along. The cost is \$8.00 at the door.

## Meditation Made Easy

**Our next 6-week course starts Wednesday 22<sup>nd</sup> July 2009 and it's filling up fast!**

We've forgotten how long we've been offering this most popular meditation course, but it's certainly over 20 years!

While fads come and go, Meditation Made Easy has well and truly passed the test of time. Success over such a long time is quite rare and while there is no one magical ingredient there are certain aspects to Meditation Made Easy that we believe are uniquely important:

- Techniques are presented in a no-nonsense, easily understood way. The whole presentation is designed to sit comfortably with our western mindset.
- There is no religion and no 'new age speak'.
- There are several meditation styles taught, ranging widely from 'content full' (such as inner journeys and guided visualisation) to 'content empty' (like mindfulness). So, while there is no one way that works for

everyone, we are always confident that every participant will find practices that suit him or her. For many the physical stretches at the start of each session are a key to releasing muscular tension in turn enabling a mental relaxation.

- Perhaps the other 'special ingredient' is Michael's voice, which does have a very calming effect for most participants.
- There are 2 CDs of guided meditations that come with the course as an aid to practicing the various techniques at home. Perhaps the most difficult part of learning meditation comes when we try to practice on our own. These specially produced CDs have Michael's voice and background music guiding you every step of the way.
- 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.
- The cost is unchanged at \$165.00, which includes the 2 guided meditation CDs.

There are so many benefits from learning to meditate; please keep telling your friends about Meditation Made Easy – pass on this newsletter if you like.

Of course, you can still re-take the whole course for the special price of \$95.00.





## **Meditation by the Sea - Friday August 7th to Sunday August 9th 2009.**

### **It's not too late to register!**

The retreat offers an inspiring mix of meditation and yoga and communion with nature in the beautiful surrounds of Kioloa Beach. The catering is fully vegetarian plentiful and delicious (just ask anyone who has been!). The retreat is a special way to spend a weekend and provides a unique opportunity to let go of stress and tension and to nurture the soul.

Cost fully catered is \$420.00.

Accommodation is in modern comfortable cabins; two participants per cabin.

The cabins have two bedrooms and each participant has their own room.

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

Accommodation priority is in order of booking.

You can download a flyer from our website – just go to [www.syandra.com.au](http://www.syandra.com.au) and follow the links to 'Retreat'.

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



## **Happiness.**

In his book "The Big Questions" Lama Surya Das asks and then attempts to answer the question, 'what is happiness and where can it be found?'

He quotes the Buddha as saying there are 5 kinds of happiness:

1. The happiness of the sense of pleasure
2. The happiness from giving and sharing.
3. The happiness and bliss arising from meditative states.
4. The happiness and fulfilment from insightful wisdom and profound understanding.
5. Nirvanic happiness, everlasting bliss and contentment, serenity and oneness.

The good Lama continues, "According to Buddhist positive psychology, happiness is part of our natural state, obscured by attachments that veil our radiant inner nature. What we seek, we are...it is all within.

Part of the Buddhist practice of meditation is to awaken the mind to the fresh immediacy and preciousness of each moment.

Recent scientific studies have proved that, yes, meditators do tend to be happier people. Researchers at the University of Wisconsin studied the brainwaves of regular Buddhist meditators and found an unusual amount of electromagnetic activity in the prefrontal lobe areas linked to positive mind states."

He quotes Fleet Maul, founder and president of Prison Dharma Network, "Usually when we use the word 'happiness' it refers to how we feel when things appear to be going our way. This kind of happiness is superficial and ultimately unsatisfying. During the 14 years I served in a maximum-security federal prison, it was clear that things did not appear to be going my way.

Practicing the Buddhist path, grounded in meditation, study, practice and service, I discovered an abiding cheerfulness and joy. This kind of happiness is worth pursuing."

## 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)

## Stories from the clinic room

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

Tony came to see me for help with a very specific problem.

He had a fear of medical procedures and after much avoidance, he realised he had to go back and face his demons.

We were able to arrange two sessions before his visit to the doctor. This seemed to relax him and help him get through, but the doctor told him he needed to see a specialist and in all probability would need an operation. The specialist's appointment was organised for two weeks later. That gave us time for two further sessions in which I guided him into deep meditation and encouraged his subconscious to release the old fears and conditioned responses that were no longer helpful.

Tony described the visit to the specialist as a good experience and he felt ok about the future operation.

Then Tony reported an extraordinary experience. I have often found that people discover parts of themselves that go far beyond the original reason for coming to therapy. In this instance, Tony had an epiphany whilst sitting alone waiting to have an ultrasound!

Later he wrote in his diary,

*"I've decided to live...'leaving' isn't on the radar. At my age, that's quite important!"*

*It feels like a heavy cloak has lifted. I am in awe of the loving wisdom of the higher self.*

*We do everything when we're ready. Every bit of the journey has been important."*

On our final session, in his meditation, Tony was back with his beloved grandfather in his childhood home, "so much at peace".

*"The experience was so real, deeper than visualisation, a deeper level of kinaesthetic.*

*My grandfather never criticised me; I was completely me with him."*

I heard from Tony after his operation to say that all was well and the operation was completely successful.

## 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!

1. "Meditation Made Easy" contains Mantra Meditation, Mindfulness Meditation and Loving Kindness Meditation.
2. "Enchanted Dreams" contains two guided visualisations or inner journeys, Inner Sanctuary and Wings of Love.
3. "Sacred Seed" contains Bridging the Universe and Sacred Seed.
4. "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.



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

**Deb and Michael Masani**