

# Syandra Health Centre

a centre for meditation and emotional healing

June 2008

## Greetings!

**Our next Monday Meditation will be on Monday 2<sup>nd</sup> June 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 are **Monday 7<sup>th</sup> July** and **Monday 4<sup>th</sup> August**.

## Meditation Made Easy

**Our next courses start**

**Monday 9<sup>th</sup> June and**

**Wednesday 2<sup>nd</sup> July 2008.**

The Monday evening course will skip a week to allow for the 'drop in' meditation night on Monday July 7<sup>th</sup>. It will therefore extend an extra week with the final session on July 21<sup>st</sup>.

The latest celebrity to promote the benefits of regular meditation is Tim Fisher our former deputy Prime Minister.

There are probably few skills that are more valuable for individual health and wellbeing than the ability to meditate. Meditation helps bring profound levels of relaxation - a much-needed antidote to increasing stress and tension that are a feature of our time. Meditation is also the way to gain control over your thought patterns, instead of being at the mercy of mental loops, catastrophising thoughts and hours of recriminations, regrets and resentments.

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, we hope, no 'new age' speak.

These are the skills that are invaluable to manage in an environment of ever increasing fear, frustration, anxiety and depression. If you are experiencing any of these problems and/or having sleep difficulties, not thinking clearly, or cannot stop the thinking, then these are the skills that will help you get your life back.

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. If you retake the course, there's a special price of \$95.00.

## Meditation Stage 2

In response to numerous inquiries, we are running our Meditation 2 course later in the year. There will be more advanced practices designed to deepen awareness, meditations on healing and meditations to help release us from unhelpful subconscious conditioning. Most exciting the course will feature the 'Big Mind' process, a fabulous, fun way of experiencing trans-rational, trans personal states of consciousness.

The course is designed for people who have had at least 3 months regular meditation practice. That's why we're giving plenty of notice!

**Six Monday evenings starting October 13<sup>th</sup> Cost \$185.00.**

## Whose Minds?

A few years ago there was a BBC documentary series called 'The Human Body'. Amongst the many amazing photos was some time-lapse photography taken inside the body and one particular sequence inside a growing foetus.



I particularly remember seeing film of the formation of the baby's brain. The layering of neurones was so complex, so exquisite. I remember wondering, whose mind is organising this? Is it the Mother's mind; is it the infant's mind? There would seem to be something bigger involved and seeing the beauty of it all through the photographic technology really brought it home.

Because this is such an everyday happening it is easy to overlook how utterly amazing it is. We are the constant witness to this mysterious creative impulse that scientific enquiry cannot explain. It is perhaps the ultimate mystery.

Listening to an interview between Ken Wilber and Rupert Sheldrake gave a few insights into this mystery. Rupert Sheldrake is a scientist and author who has written about a theory of morphic fields and morphic resonance to add insight to the problem of how form is replicated.

When something comes into existence, whether an atom, a protein, or a giraffe, the memory of that form is recorded within a field, like an electro magnetic field. He calls these fields, morphic fields, and they operate on the basis of similarity. They act as an attractor to guide, regulate and maintain the formation of similar things as they come into existence.

At every level of complexity there are morphic fields that enfold all previous fields, matching the many physical levels of development. They hold the blueprint of the structure and form for that particular entity. The more complex the entity, the more complex the field.

Sheldrake believes the morphic fields retain and transmit the memory of form and information across time.

According to Sheldrake there are individual fields and fields that correspond to societies and fields that correspond to species. This helps to explain instinct in animals, why one antelope recognises another

antelope and perhaps the whole way we remember events, feelings and physical motor responses that become habitualised. The more often experiences are repeated and recorded in the field the deeper the imprint. We pick up on our own field through the medium of our nervous system, which acts like a TV receiver. According to Sheldrake it works on the basis of similarity, so we pick up on our memories and not other peoples'. (Well mostly, but there's another story...)

All this was first published in 1981 in Sheldrake's book "A New Science of Life". At that time the scientific community roundly ridiculed him. After 27 years most scientific books become outdated. In this case, all subsequent scientific discoveries including the g-Nome mapping have instead, tended to support his theory. As a result a new edition of the book is to be published this year in America and Germany.

Of course this theory does not explain the creative impulse itself; how fields themselves are created and how new forms come into being in the first place.

Sheldrake is of the view that creativity remains the ultimate mystery. Ken Wilber offered the view that creativity is simply beyond the capacity of our rational mind. It can only be 'understood', if that's the correct term, through trans-rational consciousness developed over years of meditation practice.

These deeper understandings are known in Zen Buddhism as satori experiences. They cannot be expressed in language because our language is a tool of the rational mind and relies on opposites to give meaning. But you don't need a satori to experience the miracle of a new baby...



## Eternity's Sunrise

Every year Canberra is visited by Buddhist Monks who spend 10 days making exquisitely beautiful mandalas out of coloured sand.

There is great ritual with chanting and the sounding of horns, drums and symbols. Many of you may have witnessed these ceremonies.

At the end of their stay the final ritual is to tip the sand back into the lake, thus destroying their beautiful mandala. We understand the reason for this is to symbolise the transience and the ultimate impermanence of all form.

William Blake may have been saying something similar from a western background;

*"He who binds to himself a joy,*

*Does the winged life destroy,*

*But he who kisses the joy as it flies,*

*Lives in Eternity's sunrise."*

## Meditation by the Sea – Weekend retreat – Friday 25<sup>th</sup> to Sunday 27<sup>th</sup> July 2008.

We have had a wonderful response and the July Retreat is now full.

If you still want to register, we have begun a waiting list in the event there are late withdrawals.

## Michael's Clinic

I run a busy full time 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.

For more details give me a call, send me an email, or see our website

[www.syandra.com.au](http://www.syandra.com.au)

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

With love and kindness

**Deb and Michael Masani**

