

Syandra Health Centre

a centre for meditation and emotional healing

May 2010



Meditation Made Easy

There are still some places available for our next course starting Wednesday 5th May 2010.

You can check out our website for more details of the course and the wide variety of meditation techniques that are taught over the six weeks – there's always something that works for everyone!

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.

The cost of the course (including the 2 CDs) is \$185.00. For those who are thinking of repeating the whole course, the cost to retake the course is \$110.00.

Monday meditation

Our next Monday Meditation will be at 7.00pm on Monday 3rd May 2010. 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.

Michael's Meditation CDs are available to purchase on the night at the special price of \$20.00. We also have music only CDs and the 'bells' CDs available at \$25.00.

You don't have to book, just come along. The cost is \$10.00 at the door.



Mind-spam

A disturbing aspect of anxiety is the incessant mental chatter that we sometimes experience. We can find ourselves in loops of thinking that take us into future worst-case scenarios or even 'catastrophic expectations'. Other examples might be demeaning thoughts about our self-image or our abilities, imagining that we aren't good enough and so on. Such thoughts can be debilitating and can pursue us throughout the night, causing sleep to be affected.

These patterns of thinking are the spam of the mind, infecting us with their insidious mental viruses. We know that if we 'click on' or open email spam, the likely result will be that we receive even more email spam. Similarly, if we engage (or click on) mental spam, this will generate more uncomfortable feelings and negative thoughts.

Indeed, the second aspect of anxiety is a generalised feeling of discomfort. This feeling tone can exist just below our awareness until it reaches a threshold and becomes recognised as tension, nausea, loss of motivation and even depression.

Learning to find the delete button can be very helpful when it comes to our mental health. And this is precisely what meditation can do - one of the many ways that meditation benefits our mental health.

Meditation trains us to observe our thoughts without engaging in them. This witnessing state is like recognising spam emails and knowing that you don't have to open them.

After a while, if you haven't clicked on the thought-link it will fade away. The delete button is remembering that 'it's just another thought' and continuously stepping back in the mind. In doing this, you simply hold the space for all the mental phenomena to arise and dissolve without any interference.

Learning to meditate does take a little practice and a little guidance. In over 25 years of teaching meditation, I have found most people can really start to 'get it' after 3 weeks of *Meditation Made Easy*.

As we get used to witnessing thoughts in meditation, so the effects ripple out into the rest of the day. Many people have told me they how much benefit they have felt by remembering 'just another thought' at stressful times. Some have described how that has helped them remain calmer while driving; one person even claimed it saved the life of a particularly difficult work colleague!

The deep relaxation that comes with meditation practice will begin to dissolve the patterns of tension and discomfort. It is remarkable how often people comment on just how relaxed they feel – frequently they will say, 'I haven't felt this relaxed for years.' What's more, the relaxed state has a delicious feel to it.

All this often comes as a surprise because we have so little awareness of the underlying tensions that affect our overall feeling state. This accumulated tension and afflicted feeling state may have been present many years and become accepted as 'normal'. Fortunately, patterns of a lifetime can be changed in a few weeks of regular meditation.

With the dissolution of tension comes a change in the thinking patterns. Mental spam gives way to kinder thoughts, more self-acceptance and that, in turn, adds to our feeling of wellbeing.

Michael's Clinic

Michael runs a fulltime clinic offering the following services:

- ✓ **PSH (Private Subconscious-mind Healing)** one on one therapy for anxiety, depression, 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

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

Michael & Deb Masani