

Syandra Health Centre

November 2008

a centre for meditation and emotional healing



Greetings!

A reminder that our next Monday Meditation will be on Monday 3rd November 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 to note in your diary are Monday 1st Dec and Monday 5th Jan 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.



Pictures from our recent holiday in England, where we explored the coast of Devon on a typical English summer's day...

Mindfulness Meditation

Mindfulness is the practice of being in the present moment; a state of witness consciousness, observing your own mind.

You meditate by *observing* the thoughts, feelings, and experiences as they arise in the mind, without *engaging* the thoughts.

The sense is one of becoming awareness itself; the space in which all experience arises. Continued practice leads to the space of awareness growing ever larger with increased levels of subtlety.

This can lead to profound relaxation because we begin to unwind the self-contraction built up over a lifetime lived in fearful, angry, grieving or resentful thoughts about the past or the future.

Our thoughts become objects in our awareness. In fact, all of the phenomena that arise in our consciousness become objects in our awareness.

All that we can 'see' are simply objects and what develops is a separation between them and us. We *dis-identify* from all that arises and instead become more identified as the observer, the subject in the process.

The recognition grows that I am not my thoughts, I am not these feelings, and I'm not this hand or this leg.

What is left when all this is stripped away?

Paradoxically, instead of becoming less and less, there is an expanded sense of self.

What we strip away are the self-contractions of the ego that limit us.

The sense of awareness becomes, as Stephen Levine puts it, "boundaryless, vast, no edges anywhere".

Mindfulness extends the concept of 'witness consciousness' to the point where there is no other focus for the mind other than what is arising in the mind, moment to moment.

Mindfulness is one of the skills taught in *Meditation Made Easy*.

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.

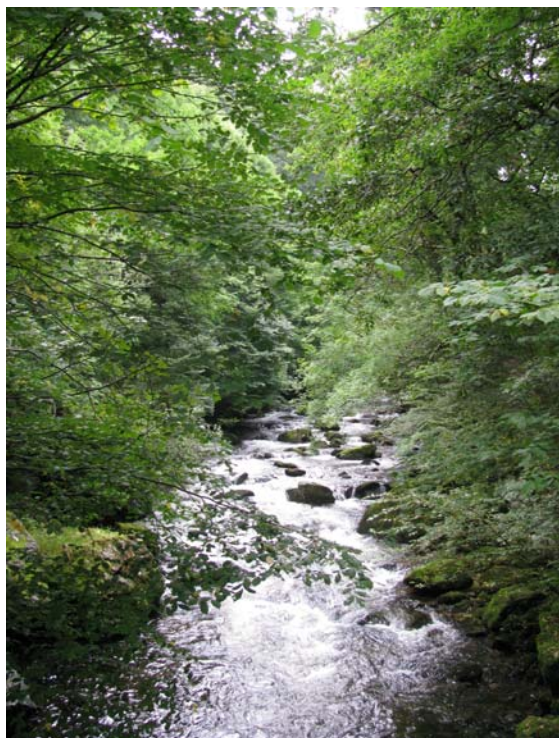
To make an enquiry or a booking please call 6287 1710 or send an email to:

info@syandra.com.au

You can also get more details from our website, www.syandra.com.au



With all that rain, Devon has wonderful rivers...



Stories from the clinic room

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

Brian had a history of self-loathing, guilt and shame – the result of a cruel upbringing.

Among many distressing times he experienced as a young child, he had got lost on his own in the bush; an experience that had traumatised him.

The emotional pain had affected his physical health and he had a lot of pain in the neck, shoulders and arms.

After several sessions our progress had been steady but slow.

Then, during a recent session he reported seeing images of waterfalls accompanied by a strong feeling that now, 'I'm found'.

Interestingly, it was the previous week that I had led him through a meditation that featured waterfalls and 'washing away his old way of life'.

He had no conscious memory of this inner journey, but clearly his unconscious had absorbed the idea and incubated the thought to emerge a week later.

Many of us know the feeling of being lost and often that is the driving force for our life to become a journey of self-discovery.

T. S. Elliot in 'The Four Quadrants' put in this way:

*"We shall not cease from exploration
And the end of our journey
Will be to arrive at the place we started
And know it for the first time."*



Not Every Thought Is Worthy of Your Attention

When stressed, we commonly experience thoughts that take over our mind and relentlessly hammer away at us. Such thoughts often involve fearful scenarios, or angry re-enactments.

These thoughts gather greater strength with each replay, and we can find ourselves at the mercy of a mental tyrant that is of our own making.

The answer? Well, yes you guessed it ...Meditation (and/or PSH). The first step in learning meditation is discovering how to manage thoughts; to remain detached and not engage every thought that arises in the mind.

Spam is a good analogy. Not every email is worthy of our attention and so we find the delete button.

Not every thought is worthy of our attention. In meditation we learn how not to engage with any thought. Then, in our outer life this practice leads us to a skilful discernment around which thoughts we choose to engage with and those we don't...

*Please forward this newsletter on to others who may be interested,
Kind regards,
Deb and Michael
Masani*

