

# Syandra Health Centre

a centre for meditation and emotional healing

November 2009

## Greetings!

Our next Monday Meditation will be on **Monday 2<sup>nd</sup> November 2009** at 7.00pm (usual time). 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.

Meditation CDs are available to purchase on the night at the special price of \$20 and you don't need to book, just come along – the cost is \$8 at the door.

## Meditation Made Easy

**Our current course was fully booked. Our thanks to everyone who has passed on news of our courses – this is very much appreciated.**

**We are taking bookings for our next course starting Wednesday 17<sup>th</sup> February 2010.**

You can check out our website for details of the course and the different meditations that are taught over the six weeks.

There are a wide variety of techniques included and there is 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 next year (including the 2 CDs) is \$185.

The cost to repeat the whole course is \$110.

## Meditation CDs – an inspired Christmas gift!

We have four CDs of guided meditations, all with Michael's voice and background music and all are very relaxing.

These are available to purchase and all make ideal Christmas presents for a very stressed world!

- ***Meditation Made Easy*** contains Mantra Meditation, Mindfulness Meditation and Loving Kindness Meditation.
- ***Enchanted Dreams*** contains two guided visualisations, Inner Sanctuary and Wings of Love.
- ***Sacred Seed*** contains Bridging the Universe and Sacred Seed.
- ***Healing*** contains The Healing Garden and Healing the Body (pt 1 and pt 2).

We also have a stock of music-only CDs by Jeff Clarkson:

- ***Butterfly*** - I have used this CD regularly for meditation sessions for over 20 years. I have yet to find a better CD of its type.
- ***Openings*** - More lovely relaxing music – this was used as background to part of the 'Meditation Made Easy' CD and 'Sacred Seed' CD.
- ***A New Eden*** - This was also used as background to the 'Meditation Made Easy' CD and 'Healing' CD.

All CDs are \$25 each and can be ordered direct by phone or email.



## ***The Brain That Changes Itself* by Norman Doidge.**

This very popular book encapsulates the latest knowledge and research into brain plasticity. Doidge is a research psychiatrist and psychoanalyst, and in this book, he presents case studies and interviews with leading-edge neuroscientists that demonstrate how our brain structure and functions are not fixed – or ‘hard wired’ as previously believed – but changing constantly over our lifetime.

When a part of the brain is damaged we are capable of using other areas of the brain to perform the tasks previously done by the damaged area. Doidge cites the example of Michelle Mack, who, as the result of an in utero stroke, was born with only half a brain.

The entire left hemisphere of Michelle’s brain is missing. Yet she is able to operate relatively normally, has a part time job, speaks fairly normally, reads and enjoys movies. Her right hemisphere has taken over the essential functions normally performed by the left side; functions such as speech and language. She also has extraordinary calculating skills.

The book gives examples of stroke victims left partially paralysed, who have been able to regain use of their bodies after special therapy that trains the brain to reorganise itself and recruit healthy parts of the brain to take over from the damaged parts. This has happened even in cases where the brain damage had occurred many years prior to the re-training therapy.

The author believes it will be possible in the future to use this knowledge of brain plasticity to help autistic people overcome their learning difficulties.

I found great solace in the chapter on rejuvenation that tells how to stimulate new neurone growth even in old age! Physical exercise helps prolong the life of individual neurones while learning new skills is the most effective way to increase the proliferation of new neurones.

There is a most interesting chapter on how psychotherapy causes changes in the brain



structure and can effect whether certain genes within the neurones are expressed or suppressed. These changes in the brain correspond to reductions in trauma and anxiety and an increase in mental focus and clarity.

It has long been thought that we needed drugs to bring about change in brain activity. However, the latest research clearly indicates talk therapy is perhaps more effective – and with far less side effects...

The powerful effect of our imagination has also been shown to make changes in our brain maps. When we imagine ourselves doing something, the research shows we are using the same part of the brain that is employed to actually perform the act. Tests have shown that imagining using a muscle can cause the muscle to strengthen - in some cases only slightly less than occurred when the muscle was really exercised. (Hypnotherapy has known about this idea for a long time, which is why hypnosis can help people overcome unwanted fears and habits.)

I found this book easy to read and full of fascinating stories – and I would recommend it as a very inspiring read!

### **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)

You can also get more details from our website, [www.syandra.com.au](http://www.syandra.com.au)

With love and kindness

**Deb and Michael Masani**