

# Syandra Health Centre

a centre for meditation and emotional healing

September 2009



## Spring Greetings!

Our next Monday Meditation will be at 7.00pm (the usual time) on Monday 7<sup>th</sup> September 2009. 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 \$20.00.

You need not book, just come along. The cost is \$8 at the door.

## Meditation Made Easy

**Our next 6-week course, the last one for this year, starts Wednesday 14th October 2009.**

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:

1. Techniques are presented in a no-nonsense, easily understood way. The whole presentation is designed to sit comfortably with our western mindset.
2. There is no religion and no 'new age speak'.

3. 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.
4. Perhaps the other 'special ingredient' is Michael's voice, which does have a very calming effect for most participants.

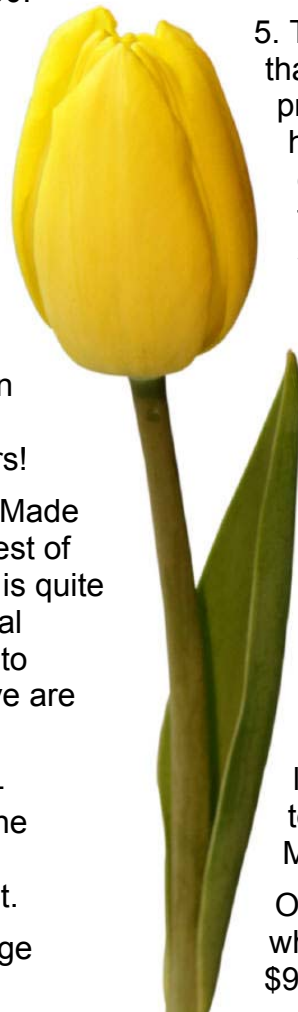
5. There are 2 CDs of guided meditations that come with the course as an aid to practicing the various techniques at home. Perhaps the most difficult part of learning meditation comes when we try to practice on our own. These specially produced CDs have Michael's voice and background music guiding you each step of the way.

6. 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.

7. 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.

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



## Anxiety

Anxiety is an ever-increasing mental health problem in our community.

Characterised by chronic physical tension, sometimes heart palpitations and full blown panic attacks and obsessive worrying – often about future imagined catastrophes – it is destructive of relationships and robs us of natural joy. It tends to feed on itself and, if unchecked, it can become a serious problem, leading to depression.

Anxiety can be seen as a ‘holding on’ physically and mentally. It is an extension of the flight fight response, which prepares us for action in the face of threat. We can become so habituated to this tension state that it will feel unsafe to relax; the unspoken thought being, ‘If I relax something awful might happen; I will be out of control’. There is a subconscious drive to maintain and even increase the high alert state, sometimes interrupting our sleep and thus adding to our distress.

This constant state of emergency is, of course, unsustainable. The body and mind need respite, to let down and let go at least for a little while.

The initial sessions of Meditation Made Easy and/or PSH Therapy enable clients to re-discover their innate ability to let go deeply.

This deep relaxation is the very opposite of anxiety; it is a fundamental letting go on many levels; physically, mentally and emotionally. Quite simply, you cannot feel anxious while deeply relaxed in meditation. Even clients who are chronically depressed find respite from their suffering in this state.

Initially this relief from anxiety may only last a matter of days or only hours.

With repetition however, these relaxed responses become more firmly established.

For most clients, 4 sessions of PSH therapy are sufficient to get their life back and start feeling that they can laugh again.



## 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)

## Something Completely Different... Tired of hearing the News?

The Onion.com is a satirical website which brings a very different take on the news. Here's an example that appealed to us:

### ***Evolutionists Flock to Darwin-Shaped Wall Stain, Dayton, TN***

*A steady stream of devoted evolutionists continue to gather in this small Tennessee town today to witness what many believe is an image of Charles Darwin – author of *The Origin of Species* and founder of the modern evolutionary movement – made manifest on a concrete wall in downtown Dayton.*

*Darwinic pilgrims claim the image fills them with an overwhelming feeling of logic.*

*"I brought my baby to touch the wall, so that the power of Darwin can purify her genetic makeup of undesirable genetic traits," said Darlene Freiberg, one among a growing crowd assembled here to see the mysterious stain which appeared last Monday on one side of the Rhea County Courthouse...*

*From The Onion.com - 'America's finest news source'*

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

With love and kindness

**Deb and Michael  
Masani**

