



*"Under Her wings we find shelter.
Where will Her wings take us now?"*
(Trisha Watts)

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AUTUMN NEWSLETTER

Autumn 2009

The recent devastating bushfires in Victoria bring a stark reminder of the impermanence of our natural and physical worlds. With such loss and chaos around us it is difficult to continue "as normal". Yet, along with the turmoil, maybe there are new insights and opportunities we can learn about ourselves and others from such painful experiences. It is often the uninvited and unimagined events that cause us to rethink and reassess our lives.

"We are like the tree standing in the middle of a bushfire sweeping through the timber. The leaves are scorched and the tough bark is scarred and burnt, but inside the tree the sap is still flowing and under the ground the roots are still strong. Like that tree we have endured the flames and we still have the power to be re-born."
(Ungemarr, M.R., 1988)

As we welcome you to our Autumn newsletter we offer our guidance and support in recognizing endings or times of transition as opportunity, as well as loss.

Our skilled and experienced practitioners, **Jane Jeffers**, **Kay Kilham** and **Peggy Page**, offer a wide range of therapeutic services for individuals, groups and corporations:

- Buddhist psychotherapy
- Counselling
- Flower essences
- Meditation
- Music-centred therapy
- Psychotherapy
- Reiki
- Stress management
- Workshops on various topics

Go to our website for further information:

www.maatholistichealth.com.au

or call **Jane** on **0401 857 886**;

Kay on **0412 785 031**;

Peggy on **0412 590 624**.

AUTUMN REFLECTION.....

"With the snap of Mother Nature's fingers, the seasons have changed again.

Autumn brushes Summer off its humid perch with chilly fingers.

As the wind picks up, the trees surrender the most colourful of their decorative flags..."

(Anonymous)

Seasonal cycles remind us that positive growth and change involve passages into darkness. The cycle of perpetual renewal is one that moves from decay and death, to fertilisation and gestation and finally to birth/rebirth. The regenerative process is a journey to the depths followed by new growth.

SUGGESTIONS FOR CARING FOR YOURSELF DURING TIMES OF TRANSITION AND CHANGE:

A measure of selfishness is required - if you don't take care of yourself you can't support yourself, or anyone else, effectively. Martyrdom is definitely not required and is actually counterproductive.

It's O.K. to feel angry, sad, bitter, fatigued, fed-up; there is no shame in feeling the reality of these emotions.

Don't hide your emotions - acknowledge them, talk them through with a friend, supporter, or counsellor.

It's O.K. to ask for help and to acknowledge that you are not able to do all that you wish to do on your own.

Take care of your own physical, mental, emotional and spiritual health - take the necessary steps to maintain your well-being. For example: Join a meditation group; Pay attention to your dreams; Walk a labyrinth; Listen to some up-lifting music; Treat yourself to a reiki or massage; Use essential oils for their healing properties; Seek out a group that will support your current needs...

MEDITATION

By cultivating an ability to remain in the present, meditators can experience an increased sense of well-being, health and happiness.

Jane Jeffers facilitates group meditation sessions at Ma'at Holistic Health:

Tuesdays, 8.00pm - 9.00pm and

Wednesdays, 11.30am - 12.30pm;

and in Canterbury: **Thursdays, 7.00am - 7.45am and**

Fridays, 9.15am - 10.15am.

Individual meditation sessions are also available by appointment.

Enquiries: **0401 857 886**

LABYRINTH MEDITATION INTENSIVE, January, 2009.

This meditation intensive, held over five consecutive evenings earlier this year, sought to use the labyrinth as a meditative tool for connecting to the inner self, for healing, renewal and celebration. On two evenings we walked 'The Chatres 11-circuit Labyrinth' at St. Faith's Church, 4-8 Charles St, Glen Iris.

Feedback from participants:

“The best part for me was connecting with a sense of peace from the meditation and the reminder of keeping meditation in my life.”

“The discovery of the labyrinth at St. Faith’s Church, Glen Iris, was exciting.”

“The labyrinth being available for my use at any time offers me wonderful opportunities.”

“The progressive muscle relaxation exercise was exceptionally good – very helpful.”

“Combining the theory with the actual walking of the labyrinth was very satisfying.”

NOTE: St. Faith’s Courtyard Labyrinth is ‘open’ to be walked privately by individuals at any time. A guided walk, accompanied by the Celtic harp, is held each first Tuesday of the month at 7.30pm. For more information contact **Vicar, Stephen Pash – 98892761**

DREAM WORK

The purpose of Dream Work is to bring out our hidden potentials and to integrate them into our waking life. We can find a deep source of renewal, growth, strength and wisdom in learning to work with our dreams.

“We do not sleep merely to live, but to live as well.” (Synesius of Cyrene – Medieval author)

Are you interested in participating in a regular Dream Group? A weekly Dream group, where participants can share dreams using the Montague Ullman technique, is on offer if there are enough expressions of interest. Contact **Jane** on **0401 857 886**

AROMATHERAPY

The field of aromatherapy is large and employs the use of oils from at least one hundred plants, either wild or cultivated. For centuries aromatics and herbal extracts have been used for their therapeutic and healing properties. Oils can be used in a variety of ways: they can be applied to the skin for massage, they can be used as a topical application; they are a pleasant addition to bath water; and they are commonly used in oil burners.

We present to you a selection of oils for your oil burner. May they soothe, nurture and revitalize your body, mind, emotions and soul.

- Frankincense – releases fears; comforts and soothes the emotions; an effective aid to meditation and prayer.
- Geranium – a harmonizing oil which helps to balance mood swings.
- Lavender – releases acute nervous exhaustion; calming and soothing.
- Sage – purifies and cleanses unwanted energy from the person or environment.
- Rose – strengthens the heart; boosts self esteem; nurtures and restores confidence.
- Lemon – supports you to take responsibility for your total well-being.
- Orange – gives an injection of love, light and laughter.
- Rosemary – promotes inner peace and poise.

RECENT MA’AT WORKSHOPS:

Jane and **Kay** recently facilitated two workshops for women who are survivors of breast cancer; one at Breacan in the Queen Elizabeth Centre in the city, and the other for the Nillumbik Shire Breast Cancer Support Group, “The ‘4C’s”. Both workshops focused on caring for oneself. Using a Micheal Leunig poem as a focus, the workshop participants were encouraged to look at ways to nurture themselves – make space and rest. Creative art in the form of music and mandala work, as well as breath work and ritual were used as techniques to aid this experience.

Jane and Kay will be facilitating another workshop at Breacan in the near future. For further information, contact **Breacan** on **1300 781 500**, or **Jane** and **Kay**.

MUSIC FOR THE TURNING OF THE SEASON

As we enter this season of Autumn and our instinct is to ‘reap the harvest’ and prepare for the winter ahead, it is restful for the spirit to take time out with some gentle music. Recent finds at the local (Boroondara) library include the following selection.

- *Effortless Relaxation* by Steve Halpern
- *Tranquility Tai Chi Way Regimen Music*
- *Water Yi-Ching Music for Health 3*
- *Aria on G String & ‘Sheep may safely graze’ J.S Bach – Stokowski’s Symphonic Bach, BBC Philharmonic. Chandos 9259.*

The brain likes repetition and ritual so it is usually a good idea to have a specific place and time when you might sit down, or lie down, and listen to the music. Start off by concentrating on your breath as it moves in and out of your body and then put on the music and allow the music to enter your body, just noticing, not judging, when your thoughts chatter away and distract you. Return to the breath each time your attention is drawn away from the music. Sometimes it is useful to do a progressive muscle relaxation first if you find it hard to relax. Start at your head and move down through your body to your toes, or vice versa, slowly relaxing each set of muscles.

Enjoy!

DID you know??

“Recent research by neuro-scientists is backing up what we instinctively know about the benefits of music, and revealing the physical and psychological effects of music. Music is part of the brain’s reward system, part of the pleasure circuit stimulating dopamine, oxytocin and endorphins, all of which are essential for the survival of the species.” (J. Hawkes quoted in Voice, Vol.4, No.3.)

ARE YOU LOOKING FOR A ROOM TO HIRE FOR WORKSHOPS, MEETINGS OR CONSULTATIONS?

Our room is available for therapists who wish to consult with individuals, couples or groups, and for workshops and meetings. Rates are available for sessional work, mornings, afternoons, evenings or full day.

Contact **Kay** on **0412 785 031**; or **Jane** on **0401 857 886**