



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

MA'AT
HOLISTIC HEALTH
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AUTUMN NEWSLETTER

April 2010

In ancient Egyptian mythology, Ma'at is the goddess who personifies the concepts of balance, harmony, truth, order, wisdom and integrity. Egyptians believed that without Ma'at there would be primal chaos, ending the world.

Ma'at's principles remain essential elements for growth and self development in our ever-changing world. Our lives are marked by the passage from one stage of life, or one way of living to another. Throughout the life cycle many people have problems or questions about making the necessary transitions precipitated by biological, social, environmental or psychological events – changing school, promotion, new career, marriage, parenthood, menopause, moving house, emigrating, being diagnosed with a life-threatening or terminal illness, experiencing a traumatic event, breaking-up with partner or friend, death of a loved one, retirement, and so on.

Most of these changes call for skills and shifts of consciousness that are not easy. Often some kind of loss is involved and some new thinking about what happens next is called for. Each of the highly skilled and professional practitioners at Ma'at Holistic Health is committed to, and experienced at, guiding you through these challenging life transitions.

*"Who are you?" said the Caterpillar.
"I-I hardly know, Sir, just at present," Alice replied rather shyly. "At least I know who I was when I got up this morning, but I think I must have changed several times since then."
Lewis Carroll, "Alice's Adventures in Wonderland"*

Now practicing at Ma'at Holistic Health:

Kay Kilham: Kay is a Psychotherapist and Guided Imagery and Music Therapist. She uses Gestalt Therapy and Guided Imagery and Music to help individuals expand their self-awareness and their understanding of how their life experiences influence their thoughts, beliefs and actions. Through this process, they are thus more ably equipped to make choices which create opportunities for greater emotional, psychological and physical well-being. Contact Kay on **0412 785 031**

Jane Jeffers: Jane is a Counsellor who offers a holistic approach to well-being, health and wholeness. The unity of the whole person – body, mind, emotions and soul/spirit – is emphasized and valued. Jane begins with an understanding

that the client has within themselves a vast resource for self-understanding, self-adjusting and self-directing. These potentials are accessed and developed within a person-centred therapeutic climate.

Jane's training and experience as a Meditation, Reiki, White Light and Flower Essence Practitioner complement her holistic counselling practice. Contact Jane on **0401 857 886**

Peter Kahane: Peter's core orientation and training falls within the framework of Existential/Phenomenological Psychotherapy, which has a focus on clients' experience of living and lived experience. Clients are encouraged to explore their beliefs about themselves and the world in order to improve the quality of their lives. Currently, Peter is studying for a qualification in Creative Arts Therapy. Contact Peter on **0421 436 885**

Ljubica Bosnjak: Ljubica is a Psychologist and a Counsellor, with a special interest in Life Changes and Transitions and can assist you with exploring your needs and your options in journeying towards your next life station. She writes: *At different times in our lives we start to feel that something is missing and that not all the parts of ourselves are fitting together comfortably as they used to. This may indicate that some of our needs and expectations may have changed and may be in disagreement with some of our other needs and expectations. Things that excited and satisfied us earlier in life no longer hold the same meaning for us. Or perhaps we have forgotten those things that brought joy to us once upon a time. They may be waiting somewhere in the past to be rediscovered and renewed again. So there comes a time when we have to re-evaluate our current needs and goals compared to those we had years ago and explore where we are heading next. There comes a time in everyone's life for a change. While some of us are satisfied with small but significant changes in some parts of our lives others desire to change a lot more. They may want to transform, to make anew, that which has been lived in the old self.* Contact Ljubica on **0421 359 717**

For further information about the services we offer visit www.maatholistichealth.com.au

As we welcome Peter and Ljubica to Ma'at Holistic Health, we say "Farewell" and "Thankyou" to Peggy Page and Jeff Pemberton. Peggy and Jeff's professional contribution within our practice has been highly valued.

MEDITATION, TERM 2, 2010

Please note that **Jane** will be on leave from Monday, April 5th to Friday, May 14th.

A seven week series of mindfulness meditation groups is being offered on her return:

At Ma'at Holistic Health:

Tuesday, 8.00pm – 9.00pm, May 18th – June 29th

Wednesday, 11.30am – 12.30pm, May 19th – June 30th

and in Canterbury:

Thursday, 7.00am – 7.45am, May 20th – July 1st

Friday, 9.15am – 10.15am, May 21st – July 2nd

Enquiries: 0401 857 886

Stop Press: To support clients whilst she is away, and to encourage clients to maintain their meditation practice out of the group sessions, Jane has produced a CD called "Practising the Art of Mindfulness Meditation". The CD has 4 tracks: Introduction; Stilling the Body; Attending to the Breath; and Sounds of the Australian Bush. It offers 35 minutes of facilitated meditation and will be available for purchase from March 29th, at a cost of \$15.00. An extra \$2.50 per CD will cover postage, if required.

Please contact **Jane** on **0401 857 886**, or email janejeffers@yahoo.com, if you wish to make a purchase.

Book Review: Red Moon Passage: The power and wisdom of menopause. By Bonnie J. Horrigan. 1996. London: Thorsons.

"**Red Moon Passage**" is inimitably a book for women interested in the period in their lives when one moves from the childbearing years into what Horrigan calls "a new realm of being: In every way,a voyage to a new land".

In exploring her own initial fear of the loss of her youth as she moved through the menopausal transition, Horrigan delved into writings both ancient and modern dealing with menopause, transitioning and cronehood. She then conducted interviews with eight women who work in the realm of psyche and soul. She chose them as representatives of women who challenge the status quo, who dare to listen to their own intuition and "look beyond the superficial facade of life into the innermost core from which all things come".

What results is an interesting cross section of writings and ideas from women such as Carol S. Pearson, Clarissa Pinkola Estes, Barbara G. Walker and Jeanne Achterberg. The different writers explore the role of women in society as they age - from the casting aside in modern western society to the veneration of ancient cultures where older women had a leading role in helping and guiding the future generation.

The overarching theme of the book appears to be that if one is prepared to embrace the transformational aspects of menopause, from the physical, mental, emotional to the spiritual, then menopause can be regarded as a "initiatory rite of passage into a new realm of being. *Wise women aren't born, they are formed out of the processes of life.*"

This book is available for loan from the library shelves at Ma'at Holistic Health.

"Tough transitions are times we have lived that will remain part of who we are forever. The very person we are has been

changed by these experiences." Elizabeth Harper Neeld
"Disenchantment, whether it's a minor disappointment or a major shock, is a signal that things are moving into transition in our lives." William Bridges

"Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe your critics are right. To map out a course of action and follow it to an end requires courage." Ralph Waldo Emerson

"For everything you have missed, you have gained something else, and for everything you gain, you lose something else." Ralph Waldo Emerson

UPCOMING EVENTS AT MA'AT HOLISTIC HEALTH:

Caring for You:

An ideal Mothers' Day gift!

Appointments, Work, Family, School... ..

It is easy in our hectic lives to get caught up in the business of getting through the week without occasionally stopping to take a deep breath.

Give yourself, and/or someone else you know, a unique opportunity to relax, revitalise and renew your body, mind and soul.

Kay Kilham, psychotherapist and Music and Imagery Therapist, and **Jane Jeffers**, holistic counsellor, will facilitate an afternoon of nurturing activities including discussion, some practical strategies and creative exercises.

When: Saturday, May 22nd, 1.30pm – 4.00pm

Cost: \$60.00

Contact: Kay 0412 785 031

Yoga and the Wisdom of Menopause:

A Two Hour Workshop, Monday June 7th.

Time: 7.00pm – 9.00pm

Cost: \$40.00

Limited to 6 participants.

BYO: pillow.

The practice of yoga provides an opportunity to connect with your physical body, to bring emotional balance and mental clarity. Yoga reduces stress, balances the endocrine glands and hormonal system, leading to a feeling of relaxation and well being.

Mid life is a new phase in a woman's life. This class is designed to ease the symptoms of menopause. You will experience postures and breathing techniques for pelvic health, hot flushes and sleeping difficulties.

N.B. This is a gentle yoga session, with no previous experience required.

Facilitator: Lisa Clarke. Lisa has been practicing yoga for 15 years. She is a qualified Level One yoga teacher and is a member of the YTAA. She is currently teaching at Burwood Yoga Centre.

Enquiries: Lisa on **0409 252 766**

Bookings: Kay on **0412 785 031**; Jane on **0401 857 886**

BOX ROOM HIRE:

Our consulting room is available for rent for workshops and meetings. Maximum seating is for between 10 and 12 adults. Rates available on request for morning, afternoon, evening or full day. **Contact:** Kay on **0412 785 031**