



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

**MAAT**  
HOLISTIC HEALTH  
721B. RIVERSDALE RD.  
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[www.maatholistichealth.com.au](http://www.maatholistichealth.com.au)

## WINTER NEWSLETTER

June 2008

**W**inter is a good time to stop and reflect on one's life. Where you have come from, where you are now in your life, and where you wish to get to. The cold weather is conducive to reflection and this can be enhanced by meditative activities such as journaling, music (listening, singing, playing an instrument), gardening, sewing, drawing, exercise, prayer and meditation.

Sharing with friends, in a therapeutic group or with a counsellor or therapist can also be useful in this process. Counselling can be useful for looking at immediate concerns whereas psychotherapy is useful for more long term therapeutic work where you are wanting to look at understanding and/or changing deep seated patterns in your life. Both counselling and psychotherapy are useful for spiritual and personal growth.

At **Ma'at Holistic Health** our skilled and experienced practitioners bring the principles of *balance, harmony, truth, order, wisdom and integrity* into their work with clients. These principles, epitomised by Ma'at the Ancient Egyptian Goddess, are essential elements for achieving and sustaining a full and productive life which includes a heightened personal awareness, a sense of self-responsibility, an openness to growth and an authentic approach to life.

At **Ma'at Holistic Health** you will be supported, challenged and guided in your pursuit of emotional, mental, spiritual and physical health and well-being.

Therapeutic services on offer at **Ma'at Holistic Health** include counselling, music-centred psychotherapy, meditation, reiki, flower essences, stress management for the individual or group, therapeutic groups and workshops on various topics.

**Go to our website for further information:**  
[www.maatholistichealth.com.au](http://www.maatholistichealth.com.au)

### WINTER -

*"Winter  
is a still landscape  
holding ground  
for all that is  
future potential."*

(Unknown)

***This season, as well as individual and couple counseling and psychotherapy, we offer the following groups/ workshops:***

#### **MEDITATION:**

Meditation supports the management of stress, anxiety and depression, improves concentration, increases self awareness, and restores mental, physical, emotional and spiritual well-being. Regular practice is astonishingly beneficial!

Jane Jeffers facilitates group meditation sessions at:

Ma'at Holistic Health: Tuesdays, 8.00 – 9.00pm and  
Wednesdays, 11.30am – 12.30pm;

and in Canterbury: Thursdays, 7.00 – 7.45am and  
Fridays, 9.15am – 10.15am.

Individual meditation sessions are also available by appointment.

***Enquiries: Jane 0401 857 886***

#### **EXPLORING THE ROAD LESS TRAVELLED**

*"If Life is a journey, the choice of roads we take is crucial"*

In his well known book, "The Road less Travelled", M. Scott Peck invites us to travel toward spiritual growth. It charts a new course for many of us searching for ways to deal with the problems of everyday life. Scott Peck says, realistically, that "*Life is difficult*" and an inner voice says, "He's right. Life is difficult, and there's no dodging its challenges." 'For herein lies the road to reality and integrity.' (from Exploring the Road Less Travelled: A study guide.) Using Scott Peck's book and the study guide, we will be exploring different highways and byways of that road through discussion, education, journaling, art, and music.

**Facilitators:** Jane Jeffers  
Kay Kilham

**Dates:** Commencing Saturday, 19<sup>th</sup> July 10.00am to 4pm  
Six Thursday evenings: 25<sup>th</sup> July to 28<sup>th</sup> August  
7.30pm to 9.45pm  
Saturday, 30<sup>th</sup> August, 10.00am to 4.00pm.

**Venue:** The Grove Wholistic Centre for Spirituality  
(Women's Centre)  
263 Nicholson Street, East Brunswick

**Bookings:** Contact The Grove on (03) 9383 1993

Payment: \$210.00 (Members of The Grove \$190.00)  
Please note that the weekly sessions are 'bookended' by the two Saturdays: ie we start and end with a full Saturday.

## STAY COOL, STAY CALM – STRESS MANAGEMENT IN EVERYDAY LIFE

Many of us find it hard to cope with the many demands placed on us in everyday life.... Although you cannot avoid stressful situations in daily living, you can increase your ability to cope.

Within a group setting participants reflect on their own experience of stress, then develop and practice effective stress management strategies using a variety of practical and creative exercises.

This group was successfully run in Autumn and we are looking for expressions of interest for the Winter/Spring period. It would be held on Monday evenings over 6 weeks at Ma'at Holistic Health, 721B Riversdale Road, Camberwell.

**To express interest contact:** Kay on 0412 785 031.

At **Ma'at Holistic Health** we offer an holistic view to wellness which includes body, mind and spirit. One of the modalities practiced here is:

### MUSIC-CENTRED PSYCHOTHERAPY

*(The Bonny Method of Guided Imagery and Music)*

For centuries music has been used in the healing process. Music evokes and shapes emotional and sensory responses when listened to in a relaxed state (Bonny, 2002) The shape, form, instrumentation, tonality and rhythms provide a 'sound track' which supports the individual and can stimulate further exploration. This is particularly true of classical music.

Imagery which flows from listening to specifically selected pieces of classical music in a relaxed state, allows the imager to access a deeper process in the psyche. 'Solutions and insights seem to appear naturally as images "speak for themselves."' (Bush, 1995).

Music centred psychotherapy (the Bonny Method of Guided Imagery and Music) is a client-centered psychotherapy which has been shown to be effective with people who are experiencing....

- physical conditions including possible long term effects
- anxiety and stress
- depression and grief
- relationship issues
- recovery from trauma
- emotional and spiritual distress

Practitioners in this method of music centered psychotherapy are Allied Health Professionals who have completed a minimum of three years post graduate training in this model and are Registered with the Music and Imagery Association of Australia [www.musicandimagery.org.au](http://www.musicandimagery.org.au)

**For enquiries about a consultation please contact:**  
Kay on 0412 785 031

or, visit the Ma'at Holistic Health website for further information: [www.maatholistichealth.com.au](http://www.maatholistichealth.com.au)

Bibliography:

Bonny, H *Music and Consciousness: The evolution of Guided Imagery and Music.* 2002 Barcelona Pub. Gilsum. NH.  
Bush, C. *Healing Imagery and Music: Pathways to the Inner Self* 1995 Rudra Press, Oregon.

## ARE YOU LOOKING FOR A ROOM TO HIRE FOR A MEETING OR WORKSHOP?

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

### SEASONAL TIPS FOR HEALTH IN MIND, BODY AND SPIRIT

#### - Dealing with Disruptive negative self-talk

Most of us engage in negative self-talk at some stage during our daily life. Here are some steps to disrupt this process:

1. **Notice:** that you are engaging in negative self-talk. This usually happens when we are feeling upset, anxious or depressed.
2. **Stop:** Ask yourself: "What am I telling myself that is making me feel this way?"
3. **Relax or distract:** You need to switch gears by slowing down through deep abdominal breathing, doing some physical, reading, music etc.
4. **Counter:** negative self talk by repeating a positive coping statement over and over. Use this together with relaxation or distraction. Examples are: "I can handle this", "These are just thoughts – I can let them go", "I can be anxious and still deal with the situation".

- Anxiety Recover Centre, flyer 2001.

#### - 10 Steps to achieving your goals

1. **Be Smart:** Make sure goals are Specific, Measurable, Attainable, Realistic and Time-based.
2. **Write it down:** What do you want to achieve and how you will feel when you do? Note your goals and stick them to your fridge or mirror. Keep a diary.
3. **Make a path to success:** Decide the best route and speed to get to your goal. There are always side streets to get back on track if you deviate from your goal.
4. **Keep it simple:** Break goals down into personal, professional and educational. Have no more than three targets in each section, or five if your focus is only on one area. Focus on small achievements and look at weekly goals, monthly goals and long term ones beyond that.
5. **Reward yourself:** Once you have written down the various stages of reaching your target, make sure you include rewards. They help you to keep going.
6. **Start Small:** Break your targets into achievable sections. It helps to not feel overwhelmed. Just make a start, however small it might be.
7. **Be Flexible:** Be willing to adapt when things get in the way of your goals. Find two positive things out of every day.
8. **Identify all obstacles:** If you know what's in your way, you can work out if it's something you can control.
9. **Be true to yourself:** Make sure this is *your* goal - not someone else's goal *for* you.
10. **Don't let anyone say you can't do it:** Sometimes its a struggle to get others to respect your goals. Tell them you don't need their understanding, just their respect for them.

- taken from "Empowering Women to Shine" Fernwood Fitness: Dec/Jan 2008.