



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

MAAT
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WINTER NEWSLETTER June 2009

WINTER..... It's awful. That cold, pernicious, spiteful wind down one's collar; that grisly unhelpful sprinkle of rain into one's face; that hateful way my thighs get cold; it's always dark; everything is hostile; and thoughts of mortality come in the morning. A ghastly season.....

Winter is nasty. Winter gives you coughs and gripes. It bothers the elderly and gives the young boils. We stay in, coagulating onto the couch, or we risk pneumonia, by going out.

The rain falls anywhere but where it's needed, and the autumn leaves look miserable going soggy in the gutter.

Kate Holden, The Age, A2, Saturday, May 30th, 2009

Our ways of participating in the season of Winter are many and varied. For some, Winter calls us to go within, to slumber, to hibernate, and to mull-over and contemplate our inner landscape. Winter can guide us to an appreciation of the need for balance and harmony in our lives. The ancient Chinese respected Winter by referring to it as the season "to stay within the courtyard".

The practice of **meditation** is one of Winter's treasures. **MEDITATION** offers an opportunity for stillness, nurturance and quiet, inner reflection.

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

Tuesday, 8.00pm – 9.00pm and

Wednesday, 11.30am – 12.30pm;

and in Canterbury:

Thursday, 7.00am – 7.45am and

Friday, 9.15am – 10.15am.

Individual meditation sessions are also available by appointment.

The next 10 week series commences in Mid-July.

Enquiries: 0401 857 886

In Winter nature is in its resting season. It is a time where we too can withdraw, recharge our batteries and replenish our energy.

During this Winter, take advantage of a 20% discount off your initial **REIKI** consultation at Ma'at Holistic Health.

Reiki is a hands-on, holistic healing method which strives to bring all levels of human experience – physical, mental, emotional and spiritual- into a state of integration and balance. It can be used in conjunction with any other healing modality as well as with any other personal growth therapy. Reiki acts as a catalyst for the transformation of anything that is experienced as a restriction or barrier to health and well-being. Reiki therapy is effective with clients who are feeling

stuck, resisting change, feeling overwhelmed by major life changes, experiencing deep hurt associated with personal loss, suffering from mental, emotional and physical exhaustion, in fact, in dealing with any life situation.

The effects of treatment vary, but most clients find that Reiki is a nurturing experience that leaves them balanced, integrated, relaxed, rested and recharged.

Enquiries: Contact Jane on 0401 857 886

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.

Ma'at Holistic Health practitioners will support, challenge and guide you in your pursuit of emotional, mental, spiritual and physical health and well-being.

Visit www.maatholistichealth.com.au

One of the holistic modalities available to clients is

MUSIC CENTRED PSYCHOTHERAPY

(The Bonny Method of Guided Imagery and Music)

Feeling stressed? Stuck? Winter blues?

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

- physical conditions including chronic ailments
- anxiety and stress
- depression and grief
- relationship issues
- recovery from trauma
- emotional and spiritual distress

Practitioners in this method of music centred 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

For enquiries about a consultation please contact:

Kay on 0412 785 031

or, visit www.maatholistichealth.com.au

Are you an Allied Health or Medical professional and interested in professional development?

The Music and Imagery Association of Australia will be holding its 4th Conference on 5th - 6th September in Kew. The first day will focus on the therapeutic use of music in the medical field and the second day will have sessions devoted to the use of music in counselling settings. Interested? Contact info@musicandimagery.org.au for a brochure and registration enquiries.

Winter is a good time to settle down with a book. A book we are happy to recommend is

“My Stroke of Insight

A Brain Scientist’s Personal Journey”

Jill Bolte Taylor, Ph. D

Hodder & Stoughton, 2008

In December 1996, Jill Bolte Taylor experienced a rare form of stroke in the left hemisphere of the brain. Jill watched her mind completely deteriorate in its ability to process information. In *“My Stroke of Insight”*, Jill shares the insight and understanding she gained from her journey to recovery from this stroke.

The book falls into four natural divisions. The first portion describes a little of Jill’s academic journey, pre-stroke, and why she became a neuroanatomist.

Next, Jill describes, through the eyes of a scientist, the deterioration of her cognitive abilities as the haemorrhage of her brain grew larger and larger.

Jill then maps her recovery over an eight year period. She writes, *“Recovery was a decision I had to make a million times a day.”* Jill mentions several needs that were critical to her recovery. For example, she needed those around her to treat her as though she would recover completely; she needed to honour the healing power of sleep; she needed people to love her, not for the person she had been, but for who she might become; she needed to have dreams to work toward. These chapters are particularly helpful for anyone who has had a stroke or any other brain trauma. Also for those who are in a care-giving role.

Finally, Jill shares what her stroke taught her about the brain. Her stroke was the traumatic event from which she gained insight into the human brain’s ability to constantly adapt to change and recover function. Of particular interest, is Jill’s journey into right brain consciousness where she experienced a sense of being ‘at one’ with the universe. Her ‘stroke of insight’ was that *“peace is only a thought away, and all that we have to do to access it is silence the voice of our dominating left brain.”* Jill gives some practical ideas and exercises she uses to connect with this deep inner peace. In her concluding chapter Jill writes, *“I trust with my right hemisphere’s heart consciousness that this book will now flow from your hands into the hands of someone who may benefit from it.”* Ma’at Holistic Health has a copy available for you to borrow.

Phone *Jane* on 0401 857 886

RECENT WORKSHOP AT MA’AT

On the Sunday after Mother’s Day, Jane and Kay led a group of women in a ‘Caring for You’ afternoon. Activities included relaxation and meditative techniques, music, drawing and a sharing of self-nurturing strategies. Comments made by participants included: *“a very peaceful and positive time-out”*; *“the best part of the afternoon was the provision of a space where I could think for myself for a change”*; *“the progressive muscle relaxation was very good for me”*; *“it was lovely to have this workshop on a Sunday”*; *I feel I can now do the relaxation exercises at home”*; *“the music and the art work contributed to a beautiful afternoon”*; *“I enjoyed the chance to come together with others, thank you”*.

MORE TO COME.....

On Thursday, 23rd July, Jane and Kay have been invited to deliver a workshop at Breacan, the breast and gynaecological cancer support service in the Queen Victoria Building in the city. This follows the success of a workshop held there last year and also in the shire of Nillumbik for their breast cancer support network. Information about the Breacan workshop and the services offered by Breacan can be obtained by phoning 1300 781 500 or emailing brecan@brecan.org.au

Did you know.... ?

“Research into centenarians (people who have lived to 100 and beyond) shows that almost all have an idea about why they have enjoyed such longevity and they are usually happy to share their secrets. In most cases they will cite a habit or ritual that they have dutifully persisted with for most, if not all, of their life.” *from Your Chiropractor May-June 09*

If you don’t already have a habit or ritual such as regular exercise, prayer, gardening, playing an instrument, singing, meditation, craft, woodwork, etc, then use winter to start one for our own health and well-being.

Here are some habits and rituals that might be useful if you’re stuck for ideas! – found on the internet and attributed to American writer, M. Angelou:

Take a 20 minute walk every day and while you walk, smile.

Sit in silence and breath for at least 10 minutes every day.

When you wake in the morning complete the following statement, “My purpose is to today.”

Live with the 3E’s: Energy, Enthusiasm, Empathy:

and the 3 F’s: Faith, Family and Friends!

Spend more time with people over the age of 70 and under the age of 6.

Smile and laugh more. It will keep the energy vampires away.

Each night before you go to sleep complete the following statements: “I am thankful for” and “Today I accomplished”

No matter how you feel, get up, dress up and show up.

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