



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

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WINTER NEWSLETTER June 2010

"One kind word can warm three winter months."
Japanese proverb

"Every mile is two in winter." **George Herbert**

We live in a society where sound is part of our everyday life – music, the ringing of phones, construction, traffic, birds, dogs barking, cats purring, people talking, shouting, laughing- we are surrounded by sound. Whether we perceive the sound as pleasant or an irritant is subjective based on past and present emotions and experiences. However continuous loud noise can have negative consequences for our physical and mental health. Research has indicated that there may be a link between exposure to noise and high blood pressure and heart rate. It has also been indicated that there is a relationship between exposure to noise and an increased secretion of stress hormones, as well as a direct association between high-noise areas and headaches, tenseness, edginess and sleep disturbance. Other effects of long term noise pollution are a lowering of immunity, impairments in reading comprehension and long term memory in children, diminished cognitive and social performance, and of course, loss of hearing ability (Robertson, 2010).

In the Netherlands they have officially designated quiet areas which must be at least several square kilometres. In these areas the natural sounds are not allowed to be disturbed by loud noise from human activity (Robertson, 2010). Here in Melbourne we are lucky to have so many open spaces where we can escape to for a bit of peace and quiet, whether it be near the sea, a park in the suburbs or in the hills. However, we don't always have the ability to get to these quiet places in our day to day life. So, how can you create a quiet space for yourselves at home?

- Create your own space: it might be a spot in the garden or a special chair.
- Spend time in a meditative activity such as gardening, knitting, cleaning the silver!
- Turn off all unnecessary appliances including the home entertainment systems which emit a low hum even when not on (you'll be saving on electricity bills too)!
- Include silence in your daily life by developing a meditation habit.
- Create a silent morning ritual: wake 10 minutes early and lie quietly, gently breathing in and out, waking up your body and mind.
- Start a family habit: have a family reading time, no TV or computers for a designated time each day.

We are surrounded by sound so we also need to learn to live with it. Lily Robertson advises listening into sound. She suggests that this is done through sitting quietly, breathing deeply, becoming aware of the sounds around you and listening for the sound within the sound – moving to the place within. The practice of silence and stillness is espoused in both secular and spiritual traditions and there are many ways available to do this, including here at Ma'at Holistic Health through meditation classes and the use of the CD which Jane Jeffers has recently produced, details of which are elsewhere in this newsletter.

Enjoy the winter quiet when nature slows down to nourish and build up strength for the new growth of spring. Use the time indoors to create your quiet space, nourishing your soul and body through harmony with your true self.

Reference: Robertson, L. (2010). Listening for quiet: Finding silence in a noisy world. *Alive Australia*.
Autumn. Issue 3. Ryan Benn:Melbourne.

"Dear God,
Let us prepare for winter. The sun has turned away from us and the nest of Summer hangs broken in a tree. Life slips through our fingers and, as darkness gathers, our hands grow cold. It is time to go inside. It is time for reflection and resonance. It is time for contemplation. Let us go inside. Amen." **Michael Leunig**

At Ma'at Holistic Health our team of highly skilled and experienced practitioners will support you in your pursuit of physical, mental, emotional and spiritual well-being. We invite you to participate in one of the groups we offer, or to expand your self awareness, resilience and authenticity within a non-judgmental and respectful therapeutic consultation.

Contact Kay on **0412 785 031**

Jane on **0401 857 886**

Ljubica on **0421 359 717**

Further details on www.maatholistichealth.com.au

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**

Jane on **0401 857 886**

Meditation: *“In the stillness and silence of meditation, we glimpse and return to that deep inner nature that we have so long ago lost sight of amid the busyness and distraction of our minds.” Sogyal Rinpoche.*

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

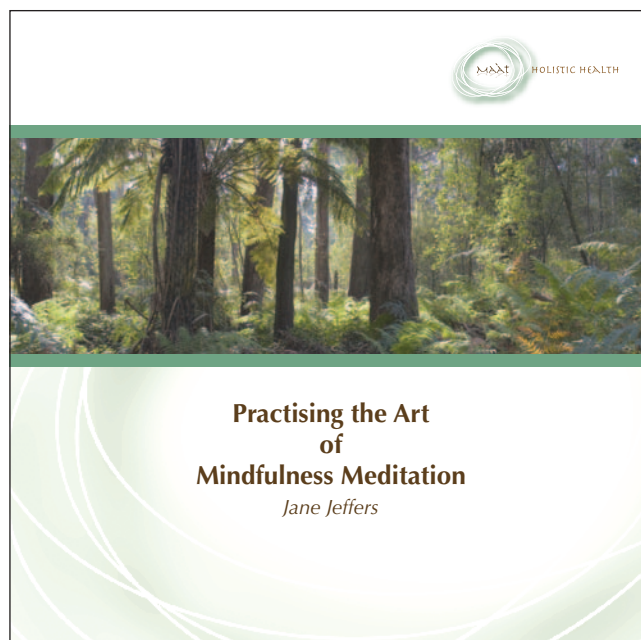
Friday, 9.15am – 10.15am.

Individual meditation sessions are also available by appointment.

The next series commences in July.

Enquiries: 0401 857 886

CD: “Practising the Art of Mindfulness Meditation”



Jane has created this CD to introduce you to the concept of mindfulness and to enhance your mindfulness meditation practice. Often, as a result of regular meditation practice, life has the potential to become richer, more enjoyable and more meaningful. When you relate to what is happening right here and now, within your heart, mind, body and soul, you are blessed with a sense of wisdom, inner support and perspective. Mindfulness meditation can be the foundation of your well-being, health and happiness.

Tracks on the 35 minute CD include an *“Introduction”*, then three exercises: *“Stilling the Body”*;

“Attending to the Breath”; and

“Listening to Sounds of the Australian Bush”.

Each exercise can be used on its own or can be combined into the one session.

Cost of the CD is \$15.00, plus \$2.50 for postage.

Order your CD by contacting **Jane** on **0401 857 886**, or email janejeffers@yahoo.com.

Music and Guided Imagery sessions:

Music is a greater healer and is also used in illness prevention. It can enable the awakening of that quiet space within through attention to the space between sounds which creates what we call 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). 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).

Some suggestions for music listening this winter:

Debussy: *Prelude a L’apres d’un faune.*

Haydn: *Cello Concerto in C, Adagio.*

Bach: *Orchestral Suite No.3 in D Maj. (air)*

If you would like to experience a healing music and imagery session please contact

Kay on **0412 785 031**

or visit us at www.maatholistichealth.com.au

Recent workshop:

We recently experienced a beautifully reflective and restorative yoga workshop at Ma’at. Some comments from participants:

“relaxing, peaceful”, “learning new postures and concentrating on the breath was the best part of the whole experience”, “excellent, gentle and supportive, “the slowness of the experience – sitting with each posture, was powerful for me”. Thank you to Lisa, yoga teacher, for a wonderful experience!

RELAX... RENEW... REVIVE...

By popular request Lisa will be returning to facilitate another yoga workshop focusing on

Yoga and the Wisdom of Menopause: 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.**

Date: Saturday, August 21st

Venue: Ma’at Holistic Health,
721B Riversdale Rd,
Camberwell.

Time: 7.00pm – 9.00pm

Cost: \$40.00

BYO: pillow

Limited to 5 participants.

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: Jane on **0401 857 886**