



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

MAAT
HOLISTIC HEALTH
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SPRING NEWSLETTER SEPTEMBER 2008

Welcome to **Ma'at Holistic Health's** Spring Newsletter! Spring is a time of new growth, new life and new possibility. Nature's spectacular display of vibrant colours, scents, sounds and luxuriant growth are a reminder that change is all around us. Many people who come to Ma'at Holistic Health are struggling with the changing nature of their lives – their health, their job, their relationships, their children, their past, or their image of themselves. Change brings with it both opportunities and turmoil. Our practitioners offer a variety of therapeutic modalities that can assist clients to tolerate, deal with and learn from difficult and painful experiences of uncertainty and change.

Australian Bush Flower Essences, for example, are powerful catalysts for helping people to resolve negative emotional states related to change. The bush essences that are most helpful are:

Bauhinia....where there is resistance to change.

Red Grevillea.....for those who know what the desired change or outcome is but who feel stuck, can't see a way of achieving it.

Bottlebrush....for those feeling overwhelmed by, or not coping with, change. Other therapeutic services include counselling, music-centred psychotherapy, meditation and reiki.

For further information about the services offered by **Kay Kilham** and **Jane Jeffers** visit our website:

www.maatholistichealth.com.au

STOP PRESS!

Introducing **Peggy Page**: From 6th of September **Peggy** will commence practicing on Saturday mornings at Ma't Holistic Health.

Peggy says, "I love the Dharma – the teachings of the Buddha, and have wanted to find ways of applying the Dharma to help people. The opportunity came when Sophia College in Perth started a Diploma and Advanced Diploma in Buddhist Psychotherapy. I completed the two years study as well as additional units in Holistic Counselling. Clients' needs are different. I seek out and apply the appropriate intervention to help you solve your issues."

Enquiries: Peggy, 0412 590 624

*"There came a time when the risk
to remain tight in the bud
was more painful than the risk
it took to blossom."* **Anal's Nin**

SPECIAL SPRING OFFER

10% DISCOUNT OFF YOUR INITIAL CONSULTATION

Mention this voucher to receive 10% off your initial consultation with Jane, ph: 0401 857 886, for

- counselling
- flower essences
- reiki
- meditation

or with Kay, ph: 0412 785 031, for

- music-centred psychotherapy

and with Peggy, ph: 0412 590 624, for

- psychotherapy based on the Buddha's teachings

ALLEGORY OF CHANGE by Portia Nelson

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost.....I am hopeless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place,
but it isn't my fault.
It still takes a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk
I see it is there.
I still fall in.....it's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street.

MEDITATION:

The present moment is forever changing, as is everything in it, including ourselves. When you meditate you observe how your mind is constantly changing. Thoughts arise, then they pass and are replaced by other thoughts. As do feelings. Meditation helps us to relax into the moment, to let go of expectations and to meet life with more presence.

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

TOOLS FOR DEALING WITH CHANGE:

By **Paul Bedson**, "*Healthy Living*", The Gawler Foundation, Winter Edition, 2005.

Here are four exercises for embracing the challenge of change. They can be done lying on the floor, sitting at your desk, standing in the shower or when taking a bath:

1. Take 3 long, slow breaths and give an audible sigh on each out breath.
2. Take 3 long, slow breaths saying "let go and let flow" on each out breath.
3. Take 3 long, slow breaths humming "mmm" on each out breath.
4. Take 3 long, slow breaths saying "every moment a new beginning" on each new breath.

If this is done in the shower, imagine any worries washing away with the water; if done in the bath, imagine any blockages releasing and draining down the plughole; if done at your desk, imagine any tension being released with each exhalation. Relax, smile and enjoy a fresh start.

.....as the Spring returns –
regardless of time or people -
so is HOPE!

Sometimes but a tiny bud
that has to push up
through the hard shell
of circumstance
to reach the light
of accomplishment,

Do not give up HOPE!

Dorothy Miller Cole,
from "A Guide for the Advanced Soul"

PUT A SPRING IN YOUR STEP WITH MUSIC:

Music stirs the emotions, it can awaken the wellspring inside us, stirring our imagination to view feelings, memories and intuitions.

"Through its language of rhythm, melody, form, pitch, harmony, tone colour, key, instrumentation, and voices it speaks to all levels of our being"

(**Bush, C.A.** "*Healing Imagery and Music: Pathways to the Inner Self*", 1995).

Listening to music on one's own in a quiet space, **for between 15 and 30 minutes**, can be useful for generating ideas or exploring an issue, or to promote a general state of calm.

- Choose a quiet space.
- Have ready: CD Player, music of choice, writing materials, mat to lie on or chair.
- Choose a focus: this could be an issue of concern for which you want a flow of creative ideas, or it could be an image of a favourite place where you feel relaxed and safe. Write down what your focus is to be – a couple of sentences.
- Do a brief muscle relaxation or breathing exercise.
- Start the music selection. **No more than 10 – 12 minutes : 1 or 2 tracks of music.**
- Allow yourself to be with the music. Notice emerging images and sensations. If this is difficult, stay with the music itself – the instruments, the sound. Notice whether the music affects your thoughts or your body in any way. It is a bit like having an 'awake dream'.
- As the music finishes, spend a few minutes going over in your mind what you have experienced. What felt significant?
- When you are ready, write down what you remember along with any associations that occur.

No more than 5 minutes of writing. Allow the experience to sit with you through the rest of the day and night, as your dream life might be stimulated by the music. Jot down your dreams. Is there a connection with your music experience, or the focal point you started with?

Suggested Music:

Relaxation: Any music that you find relaxing.

Exploration of issue: Classical music works best for exploration. You could try:

Albinoni: *Adagio for Strings and Organ*

Beethoven: *Symphony No.9 in D minor, Movement 3.*

Debussy: *Prelude a L'apres-midi d'un faune.*

Haydn: *Cello concerto in C, Adagio*

Bach: *Orchestral Suite No. 3 in D Major, Movement 2 (air)*

Holst: *The Planets – Venus and Uranus.*

Mozart: *Vesperae Solemnes, Laudate Dominum.*

For a personal guided session in Music and Imagery, contact **Kay Kilham** on **0412 785 031**

"God help us to change. To change ourselves and to change our world. To know the need for it. To deal with the pain of it. To feel the joy of it. To undertake the journey without understanding the destination. The gentle art of revolution. Amen." **Michael Leunig**, "A Common Prayer"