



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

"French hens, partridges in a pear tree, even turtledoves have never been my idea of the perfect Christmas gift" writes **Stephanie Dowrick**, in "Inner Life", The Good Weekend Magazine, The Age. She continues by asking the question, **"What gifts might truly last a lifetime?"** and answers, **"The ultimate Christmas present isn't something that can be bought. It is the genuine giving and receiving of love."** Stephanie's article expands on the cultivation of love, and how we might freely give it to others and receive it. We share some of her ideas, and with the help of others' reflections, offer a deeper insight:

Listen carefully – The main thing to realize about listening is that it's an active process. When people are speaking it requires that they have our undivided attention. We focus on them; we listen very carefully. We listen to the spoken words and the unspoken messages. This means looking directly at the person, eyes connected. It's about respect and appreciation. Allow people time to speak. As you hear yourself interpreting and judging, switch off this attitude and remain open, curious and deeply engaged.

When I ask you to listen to me and you start giving advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me, and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

Listen! All I asked, was that you listen, not talk, or do- just hear me. Advice is cheap - I can read books for myself - I'm not helpless. Maybe discouraged and faltering, but not helpless.

When you do something for me that I can, and need to do for myself, you contribute to my fear and weakness.

But when you accept as a simple fact, that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and get about my business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

*So, please listen and just hear me. And, if you want to talk, wait a minute for your turn and I'll listen to you. **Anonymous***

MAAT
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SUMMER NEWSLETTER

December 2011

Be generously present (even more sustaining than giving generous presents!) - This gift naturally flows on from your active listening practice. It involves paying attention, on purpose, non-judgmentally, to what is happening in others and inside you, within each moment of this precious life.

*Wherever you are, be there totally. **Ekhart Tolle***

Mindful awareness enhances concentration, clarity, compassion and insight. Engage with others in this way and enjoy the happy and healthy connection it fosters.

Greet people with a smile – Everyone benefits when we smile. One of the simple social pleasures of life, which goes almost unnoticed because it's automatic, is when you smile at someone else they smile back. The tiny effort of smiling can enhance your own and other people's well-being. So, share your smile with friends, family, co-workers and strangers.

*A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that they cannot get along without it and none is so poor that they cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as they who have no more to give. **Anonymous***

The practitioners at Ma'at Holistic Health extend festive greetings to all our clients. We wish you a happy, healthy and prosperous New Year and look forward to continuing our connection with you in 2012.

*A gift from the great peacemaker **Mahatma Gandhi**:*

I offer you peace.

I offer you love.

I offer you friendship.

I see your beauty.

I hear your need.

I feel your feelings.

My wisdom flows from the Highest Source.

I greet that source in you.

Let us work together for unity and love.

2012 Vision Board

A vision board is a powerful tool for clarifying, concentrating and maintaining focus on the goals and dreams you want to attract into your life.

You are invited to come and create a visual representation or collage of the things you want to have, to be and do in 2012. This may be the most important thing you do for yourself in the year ahead!

Where: Ma'at Holistic Health,
721B Riversdale Rd, Camberwell.

When: 1) 10am – 1pm, Tuesday, January 10th, 2012 or
2) 7pm – 10pm, Tuesday, January 10th, 2012

Cost: \$120.00 All materials provided.

N.B. Places are limited.

**Enquiries/bookings: Jane Jeffers on 0401 857 886; or
janejeffers@yahoo.com**

Jane Jeffers is the Director of Ma'at Holistic Health. She is a professional counsellor who offers a holistic approach to well-being, health and wholeness. All levels of human experience - the physical, mental, emotional and spiritual - are valued. Jane's training and experience as a Meditation, Reiki, White Light and Flower Essence Practitioner complement her holistic counselling practice.

For further information contact **Jane** on **0401 857 886** or visit **www.maatholistichealth.com.au**

Jane facilitates group mindfulness meditation sessions:

Tuesdays, 8.00pm – 9.00pm and

Wednesdays, 11.30am – 12.30pm at Ma'at Holistic Health;
and in Canterbury: **Fridays, 9.30am – 10.30am.**

The next meditation series commences in early February.

Individual meditation sessions are available by appointment.

Enquiries: Jane on **0401 857 886** or **janejeffers@yahoo.com**

“10 Mindful Minutes - Giving our children – and ourselves - the social and emotional skills to reduce stress and anxiety for healthier, happier lives”, Goldie Hawn with Wendy Holden, Piatkus, UK, 2011.

The dedication in Goldie Hawn's book, *10 Mindful Minutes*, reads: *“To all parents who want to let the light in their children shine.”*

This book offers parents a practical guide for helping their children to lead emotionally healthier and happier lives. Based on the MindUP programme, supported by the Hawn Foundation, *10 Mindful Minutes* outlines short, practical exercises for parents and children - taking less than 10 minutes - to help young children and teenagers reduce stress and anxiety, improve concentration and academic performance, effectively manage emotions and behaviour, develop greater empathy for others and the world, and be more optimistic and happy.

Representing the culmination of years of research and programs developed by the Hawn Foundation, this book promotes the development of mindfulness – mindful breathing, sensing, listening, seeing, smelling, tasting, movement – to show parents and children how to reach their potential and live a fuller, richer life.

Jane is seeking expressions of interest for a workshop, for children and their parent/grandparent/significant adult, based on Goldie Hawn's *“10 Mindful Minutes”*.

Contact: Jane on **0401 857 886** or
janejeffers@yahoo.com

“Breathing in, I calm my body and mind.

Breathing out, I smile.

Dwelling in the present moment

I know this is the only moment.” **Thich Nhat Hanh**

Reflections from Therapy – Family Time

Even if we have a comfortable bond with our family, the thought of spending time in close proximity with family members over Christmas or the holidays can increase our anxiety! In particular, if you have been successful in improving some aspect of your lifestyle or behaviour, being around family is the most likely time that these new improvements will be challenged.

This is because it is when we are with our siblings and parents that we are most sensitive to being dragged back into old roles that date back to our childhood. For example, even though you may have worked hard at eating more healthily, you can find yourself being pulled back into your old ways (‘But you LOVE chocolate!') once around family. They may not accept your change, and even react negatively when you refuse to act in a certain way.

It can be helpful to think of a family like a system, which, like any system; reacts to change by trying to bring the rest of the system into line. An air conditioner that is challenged during the warmer months will work hard to recalibrate all the parts of the system so that it will work efficiently. Likewise, when you challenge your family by behaving differently from normal, other members of your family system will automatically react to your change.

Quite often family reaction involves trying to coerce or even bully you into returning to your old, traditional ways, so that they system can work like normal. It's hard to maintain change in the face of this opposition. However, even going to events expecting some form of resistance from family can help you be more aware and prepared. In this way you can have some strategies up your sleeve to counteract family attempts to undermine your hard fought change.

For help with relationships, call **Mary Hahn-Thomsen** (psychologist) on **0404 082 675**. Rebates are available with G.P. referral.

Mary is available at Ma'at Holistic Health throughout December and January. From February 2012, Mary will be working on Tuesdays, 9am - 2.30pm, as well as her usual days - Friday, all day and evening and Saturday, 9am - 2pm. For further information, visit **www.camberwellcounselling.com.au**.

Kay Kilham is delighted to be returning to Ma'at Holistic Health on a sessional basis from mid January 2012. She will be offering practical help, support and encouragement through counselling and consultation for depression; anxiety; grief and loss; emotional issues associated with major life transitions such as menopause and retirement; and living with chronic illnesses. Kay has a background in mental health and has qualifications in gestalt therapy, social work and music psychotherapy. Kay also works as a group therapist at a private hospital. To make an appointment with Kay, please call **0412 785 031** or email **kaykilham@iinet.net.au**

Room Hire: Our consulting room is available for rent for individual consultations, workshops or meetings. Maximum seating is for between ten and twelve adults. Rates are available on request for two hourly, half or full day sessions.
Enquiries: Jane on **0401 857 886**