



# Harmony Centre News

*The perfect setting for healing, learning and development*  
Autumn 2016  
No. 29

## Editorial by Paul Parolin DC CST

As I write this piece the sun is shining and it's a crisp autumn morning. The shortening days and winter approaching is a gloomy prospect for most but those I've spoken with recently feel a little more satisfied following the summer we've just had. The challenge is to keep that feel good factor going. To help Vanessa is running her popular mindfulness based stress reduction course in January focusing on the breath and using it to relax and direct awareness. If it's astrology you're interested in Liz points out that Jupiter is in the sign of Libra for the next year and striving for justice, balance and conflict resolution are the order of the day but watch out for a tendency towards excess. Sue Roberts offers help for anyone who is worried about what lies ahead. Christmas and the winter months can be a source of worry for some people. These times can also put a strain on relationships. Sue Prenergast now offers counselling for couples who wish to focus on their "relationship" as opposed to the individuals within it. In Paul Eagle's article "It's About Time" he offers the opportunity to help create a brighter future by using Time Line Therapy to help resolve issues associated with negative past experiences and create more positive compelling images for enjoying the present in a more mindful way. On a more physical level osteopath Zuzana discusses the many small practical things that can be done to prevent stress and strain on the body and making good habits stick.



As psychiatrist Irvin Yalom recommends 'strike while the iron is cold'. When things are going well, have those difficult conversations. Why wait for a crisis? When you're feeling good tackle the issues you've been putting off whether they be physical, mental, emotional or spiritual. We are all of those things. The Harmony Centre is here to help.

## Beyond the Consulting Room by Zuzana Tillner MSc, Ost Med, ND



Life is getting ever more pressured. Working hours are stretching into the home, the train journey to and from home and the weekends. We are also increasingly sedentary, sitting far too long, up to 10 hours a day, which contributes to musculoskeletal strains. Hitting the gym for an hour after work does not counteract the harmful effects of prolonged sitting. It is not really just the single final act that patients often describe that causes painful tissue injury. It is the stress and strain our bodies exhibit before we finally listen. Reasons like "I was just reaching for something" or "I just turned funny in bed" are probably just the last straw, the final gram of pressure on those frayed and weakened ligaments, one too many forced inertia movements on that inflamed tendon, one more twist on that struggling spine and it seized up completely after days or weeks of quiet, ignored complaint. Habit change is normally needed. Just consider what is happening at home. There is a thousand small practical things that could be done differently to prevent stress and strain. These could range from getting dressed, emptying the dishwasher, getting the baby buggy into and out of the car, and the baby for that matter. It is not just about understanding how we move, but it is lots of practice to make good habits stick. Osteopathy.

## Therapies and Practitioners

<b>Acupuncture</b>	Sue Hooker
<b>Alexander Technique</b>	Anna Winton Mills
<b>Aromatherapy</b>	Mike Sawyer
<b>Astrology</b>	Liz Hills
<b>Chiropractic</b>	Paul Parolin
<b>Counselling/Psychotherapy</b>	Sue Prendergast Sue Roberts
<b>Craniosacral Therapy</b>	Paul Parolin
<b>Easibirthing®</b>	Sarh Newman
<b>Foot Care</b>	Jane Parker
<b>Future Life Progression</b>	Paul Eagle Suzanne Mann
<b>Healing: Reiki/Spiritual</b>	Paul Eagle Suzanne Mann Judith Samuel Mike Sawyer Ana Wilkinson
<b>Health Kinesiology</b>	
<b>Allergy Testing</b>	Frances Arnold
<b>Holistic Massage</b>	Mike Sawyer Ana Wilkinson
<b>Homoeopathy</b>	Peter Healey
<b>Hopi Ear Candling</b>	Judith Samuel
<b>Hot Stone Therapy</b>	Mike Sawyer
<b>Hypnotherapy</b>	Paul Eagle Suzanne Mann
<b>Indian Head Massage</b>	Judith Samuel Mike Sawyer
<b>Life Coaching</b>	Suzanne Mann
<b>Lymph Massage</b>	Ana Wilkinson
<b>Naturopathy</b>	Zuzana Tillner
<b>NLP</b>	Paul Eagle Suzanne Mann
<b>Osteopathy</b>	Zuzana Tillner
<b>Past Life Regression</b>	Paul Eagle Suzanne Mann
<b>Physiotherapy</b>	Sue Hooker
<b>Reflexology</b>	Judith Samuel
<b>Shiatsu</b>	Cindy Engel
<b>Stop Smoking for Life</b>	Suzanne Mann
<b>Thai Massage</b>	Ana Wilkinson
<b>The Art of Being Present - Breema</b>	Ana Wilkinson
<b>Weight Management</b>	Suzanne Mann

## It's About Time

by Paul Eagle .

Dip.Hyp &C; Dip.NLP; Reiki Master - Teacher

Is your Past troubling your Present? How can you create a brighter Future?

We are all influenced by the experiences we have had in the past. Some positive situations can even be said to be 'the making of us'. But if you find that events from your past are constantly on your mind, even though they took place months or years ago, you may find yourself struggling to enjoy the life you would like to live in the present.

Sometimes it is not obvious that this is happening, but you find yourself repeating old patterns and making the same mistakes, whether it is in relation to your work, your family, money, health or relationships.

**Time Line Therapy** is just one of the effective ways to resolve these issues, and is available with me at The Harmony Centre. Working with your conscious memory and your unconscious mind, it is possible to "re-encode" memories, events and the feelings that we associate with them, to gain a more effective and resourceful way of perceiving them.



For Example: Let's say that whenever you are invited to a party or social gathering you immediately remember a disastrous birthday party from when you were a teenager. Maybe you got drunk and felt sick, maybe there was embarrassing behaviour (by you or others) or maybe you just felt out of place and overwhelmed.

Rationally you know that it was a long time ago and bears no relation to a meal with work colleagues. However, that recurring mental image and the feelings that go with it may be very effective in leading you to turn down invite after invite, or to attend but without being able to relax and enjoy yourself.

I can help you put that old memory in its proper place. It is not the aim to make you forget all about it – after all it happened and is a part of your story – but it belongs in the past, way back down your timeline, not in the forefront of your mind each time you come across a potentially wonderful social opportunity! We can also create compelling images for the future you would like to have – which will subconsciously guide your actions and decisions as you enjoy the present in a more mindful way.

## Counseling by Sue Roberts Couns, MBACP

So that was the summer.....now what?



Everyone's back at school and university; the weather's changing and the days are getting shorter; the shops are bringing out their Christmas displays if they haven't already done so.

It's the time of year when you can begin to wonder why you're not doing anything new, why your life doesn't seem to be as interesting as other people's. You might not have had time or money for a holiday this year, or you could be wondering how on earth you're going to be able to manage to afford everything for Christmas.

If the prospect of the next few months is bothering you for any reason, please ask for some help before things get difficult. Whatever your problem, we can face it together and work out the next step, completely confidentially.

Contact me via the Harmony Centre for a free half hour introductory session and see how counselling can help you.

## Regular Classes & Courses at the Centre

### Tuesdays

9.30 - 11am  
7 - 9pm

**Yoga  
MBRS**

Tanya Bradbury  
Vanessa Murphy

on rolling

**Mindfulness Based Stress Reduction**  
8 week course next start dates January 24th 2017  
& April 25th 2017

### Wednesdays

Morning  
6.15 - 7.45pm

**Pilates  
Qigong**

Kim Harket  
Sara Lasham

on rolling school term times  
on rolling

### Thursdays

1 - 2.30pm  
6.30 - 8.00pm

**Qigong  
Yoga**

Sara Lasham  
Tanya Bradbury

on rolling  
on rolling

### Weekends

Saturday & Sunday  
9 weekends 1/month

**Massage Level 3 Diploma Course (ANM)** Ana Wilkinson

Course starting 21st/22nd January 2017 see website for rest of the dates  
Course starting 16/17 September 2017 see website for rest of the dates

### Alexander Techniques

Anna Winton Mills

5 week courses available

## Relationship Counselling

by Sue Prendergast BAHons Psychology, Dip. Counselling MBACP

Starting this month, I have decided to offer relationship counselling as part of my practice at the Harmony Centre.

Over the years I have found that many clients come to me for individual counselling because they find their relationship difficult and need to find a way of coping. This is a difficult proposition – the person might find ways to cope better, but the dynamics of their relationship will also change and unless their partner is well prepared it could be a case of 'out of the frying pan into the fire'.

This is because a relationship is created by both people in the partnership. An obvious remark? Of course, but when it is looked at closely, a relationship neither belongs to one person nor the other but exists between them, a 'co-created being', a coupleness which grows and changes with the individuals that created it. Furthermore, as each individual also has influences from their own parents and families these also influence the



relationship - it could be said that there are several voices chattering away within this 'co-created being'. Considering what life can throw at us it is likely that at some time it can be pulled and pushed about, leaving one or both partners at their wits end, often each blaming the other. In the counselling room, it is the relationship, the coupleness, that is the

client. It is part of the process that I make sure that each partner has an equal time and space to talk and for the other partner to listen. Usually couples find that it is this listening that is the most useful part of understanding what is wrong – something which is often hard to do at home when someone feels defensive or angry.

I think that it would be a good idea for couples to check out their relationship periodically, much as a householder might get leaks in the roof mended, or a gardener does the weeding, puts on the compost. Too often, it's just left to get on with it, and if anything goes wrong, assumptions can be made that it was no good in the first place and has to be changed.

If this 'co-created being' is nurtured and cared for, it might be that what was found in the first place is the most lovely place to be.

*Reiki/ Healing  
is offered at the  
Centre  
Please phone  
for further  
details*



#### Please note:

The views expressed in this Newsletter are not necessarily those of The Harmony Centre. Anyone seeking health advice should consult a qualified practitioner.

# Planet Jupiter in the zodiacal sign of Libra

by Liz Hills BA(Hons), Dip. Couns, MBACP Certificate: Centre of Psychological Astrology

In Astrological Therapy, astrology affords the client an abstract language to externalise and express parts of themselves. Carl Jung had the following to say about astrology:

*"We do not believe in the reality of Olympus so the ancient Greek Gods live in us today as symptoms.*

*We no longer have the thunder bolts of Zeus; we have headaches.*

*We no longer have the arrows of Eros; we have angina pangs.*

*We no longer have the divine ecstasy of Dionysus; we have addictive behaviour.*

*Even though we no longer recognise the Gods, we experience their powerful forces".*



In psychological astrology, Jupiter represents the boundary of one's personal subconscious and marks our need to grow, to learn and to find faith. Striving for ultimate justice, he does however fall foul to excess, gluttony and exaggeration.

Jupiter moves into the sign of love, beauty, art, law & justice and relationships, aka Libra on 9th September 2016 and stays here for approximately 1 year. Below are some ideas to consider over this period:

1. Balance is Libra's ultimate goal but there is a lot of conflict resolution needed along the way to achieve balance and Jupiter's excess and exaggerating tendencies could lead to heated conflicts and feuds. Irvin Yalom, American existential psychiatrist, recommends to 'strike while the iron is cold' when needing to have difficult conversations.
2. Libra is the sign 'of the other' and this is a time for embracing brotherhood and bestowing benevolence and generosity upon others.
3. Play fair. Justice in its many guises will feature & caution would be to personally act fairly and with integrity.
4. Is what you expect from others fair?
5. There's no I in Team. Accept that you can't always go it alone! Libra is a social sign and growth may mean to work with others in some shape or form....
6. Law. Legally you may experience Jupiter's lucky trait but if in a legal wrangle, remember point 3!
7. Make some big, bold decorative choices to whatever pleases you aesthetically.
8. Review your own personal history and learn from it. Jupiter was last in Libra September 2004 to October 2005.

Offering short term therapy working with client's natal charts.

## Breath is Life by Vanessa Murphy adv.di UKCP

### Mindfulness Based Stress Reduction course starts January 2017

Breath is life. You could think of the breath as being like a thread or a chain that links and connects all the events of your life from birth, the beginning, to death, the end. The breath is always there every moment, moving by itself like a river.



Have you ever noticed how the breath changes with our moods – short and shallow when we're tense or angry, faster when we're excited, slow and full when we're happy, and almost disappearing when we're afraid. It's there with us all the time. It can be used as a tool, like an anchor, to bring stability to the body and mind when we deliberately choose to become aware of it. We can tune into it at any moment during everyday life.

Mostly, we're not in touch with our breathing it's just there, forgotten. So one of the first things we do in **mindfulness-based stress reduction** is to get in touch with it. We notice how the breath changes with our moods, our thoughts, our body movements. We don't have to control the breath. Just notice it and get to know it, like a friend. All that is necessary to observe, watch, and feel the breath with a sense of interest in a relaxed manner.

With practice, we become more aware of our breathing. We can use it to direct our awareness to different aspects of our lives. For example, to relax tense muscles, or focus on a situation that requires attention. Breath can also be used to help deal with pain, anger, relationships or the stress of daily life. During this program, we will be exploring this in great detail..

From mbsr workbook

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