



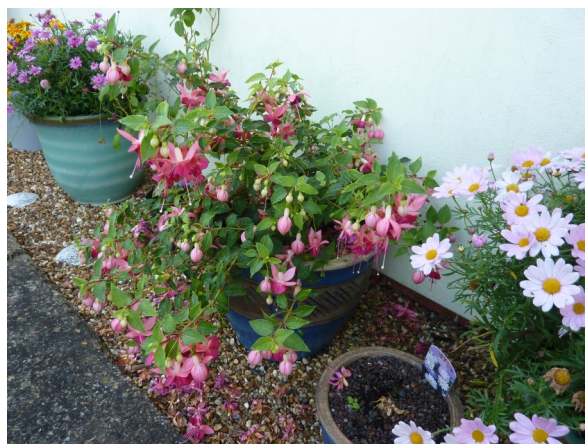
Harmony Centre News

The perfect setting for healing, learning and development
Autumn 2018
No. 33

Editorial by Paul Parolin DC CST

What a different year this has been! Mountains of snow in March, a long hot summer, political intrigue by the bucket full and the NHS struggling. One thing remains the same. The Harmony Centre is still here helping those that want to be well. For those that want relief from whatever pain they are suffering as well as those who want to thrive. Those who want to break the ties that hold them back from living a joyful fulfilling life.

I think the articles in this newsletter reflect this. Liz talks about the daughter whose lost childhood and mother's attachment resonates with the story of Persephone and the effect it has had on her relationships with others. Suzanne discusses phobias, many of which I didn't know existed. To be "Free in 3" must be liberating for those sufferers. Sue offers help to those feeling a sense of loss as children go off to school, university or college as well as those worried about the future and change. Vanessa reminds us about the benefits of staying "present and mindful" on a physical level by simply noticing the small movements we make.



Finally, I'd like to congratulate Sharon on passing her Advanced manipulative Therapy course in July '18 with distinction. She can now use these techniques alongside remedial massage to further help those who are looking for a drug free therapeutic approach to pain relief.

Phobia Free in 3! Suzanne Mann Adv. Dip I Hyp, Prac. NLP, Life Coach)

What are you scared of?

NHS.uk describes a Phobia thus:

"A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal.

Phobias are more pronounced than fears. They develop when a person has an exaggerated or unrealistic sense of danger about a situation or object.

If a phobia becomes very severe, a person may organise their life around avoiding the thing that's causing them anxiety. As well as restricting their day-to-day life, it can also cause a lot of distress."



These irrational fears which often disrupt lives, relationships, work and wellbeing, may be caused by a specific traumatic event, by repeated conditioning (such as picking up a terror of spiders because Mum was always terrified of spiders) or in more complex cases as a result of

combined stresses, beliefs or situations. People who have a phobia usually know and acknowledge that it is irrational to feel such an overwhelming response...but still react the same way!

However, most phobias can be greatly improved, and often completely eradicated, in just 3 sessions with a specialised therapist. Imagine no longer having to live in fear of needles, or germs, or blood, or...well almost anything really.

To this end, Harmony Centre therapist Suzanne Mann (Adv. Dip I Hyp, Prac. NLP, Life Coach) has introduced **"Phobia Free in 3"** - a short course of therapy sessions to help anyone suffering with a phobia. The aim of Suzanne's Phobia

Free in 3 Programme is to put you back in control and give you more choice, and the freedom to live how you would like to live.

You can discuss your situation and ask any questions you may have with a free short telephone consultation before you commit to any sessions. Suzanne's supportive, friendly and professional style has led to great results with many types of phobia. You may know someone with a fear of Spiders, Snakes or Flying – they are the most common phobias; but how about some of the rarer ones:-

Albuminurophobia- Fear of kidney disease.

Alektorophobia- Fear of chickens.

Consecotaleophobia- Fear of chopsticks

Dutchphobia- Fear of the Dutch

Genuphobia- Fear of knees.

Linonophobia- Fear of string

Optophobia- Fear of opening one's eyes.

Soceraphobia- Fear of parents-in-law

So if you think it is time for you to now; leave those old irrational fears behind, give Suzanne a call and arrange your Free, no obligation telephone consultation:

07871 153314.



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Manipulative Therapy with Remedial Massage

Sharon Humphrey BSc Adv Dip MT (MSM) Dip RM (MSM)

For a year now I have very much enjoyed working as a Remedial Massage Therapist at the Harmony Centre. During this time patients have come to me for help with musculo-skeletal problems such as neck and shoulder tension, low back pain, tight hamstrings, sciatic pain and restricted joint movement. My therapeutic partial or whole body Remedial Massages have also proved beneficial to those with non-specific aches and pains often involving muscle and soft tissue damage.

In order to consolidate and further my skills, I continued my studies at the Midlands School of Massage and Manipulative Therapy in Nottingham. The Advanced Manipulative Therapy course required monthly written assignments and culminated in two written and one practical examination. In July 2018 I was very pleased to learn that I passed all elements of the course with an overall grade of distinction.

Manipulative therapy includes a range of techniques, which are used to mobilise joints and soft tissues. These techniques used in conjunction with

Remedial Massage, have been proven to increase range of movement, reduce joint pressure and inflammation, restore musculo-skeletal function and alleviate pain.

An initial consultation of 1 hour allows a detailed consultation and assessment to be completed. This includes taking a medical history, which helps to establish the nature and duration of the pain. Tests may be performed to establish patient's range of movement and where appropriate, palpation and a physical examination may be required. This evaluation is necessary to determine the root of the pain, as it is commonly observed that pain is referred to other areas of the body. A treatment plan is discussed and provided the patient consents the treatment can go ahead. Patients should be aware that during the assessment and treatments, some items of clothing may need to be removed, however, skilled use of towels mean that the patients modesty is observed at all times.

Manipulative Therapy and Remedial Massage Therapy both include pain management techniques effective in

the treatment of existing musculo-skeletal problems and as maintenance therapies to help prevent future episodes. Both therapies can safely be used to compliment other types of holistic therapies or conventional medical treatments and offer a drug free, therapeutic approach to pain relief.



Regular Classes & Courses at the Centre

Tuesdays

9.30 - 11am
7 - 8.30pm

2nd Tuesdays

Of the month

Yoga Mindfulness Group Meditation

Tanya Bradbury
Vanessa Murphy
Vanessa Murphy

on rolling
3 week course next start dates January 2018

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

MBSR (Mindfulness Based Stress Reduction) Courses available

Weekends

Saturday & Sunday
9 weekends 1/month

Massage Level 3 Diploma Course (ANM)
Next starting date January 2019

Ana Wilkinson

See website for all workshops and courses



Our Vision

A well established complementary health and wellness centre
promoting healing, learning and personal development
in harmony with the spirit of nature and humanity

Working in the heart of the community
with growing international connections

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.

Mindfulness is STAYING PRESENT

Vanessa Murphy adv.di ctp ukcp emdr

Remember to use your body as a way to awareness. It can be as simple as staying mindful of your posture. You are probably sitting as you read this. What are the sensations in your body at this moment? When you finish reading and stand, feel the movements of standing, of walking to the next activity, of how you lie down at the end of the day. Be IN your body as you move, as you reach for something, as you turn. It is as simple as that.



Just patiently practice feeling what is there – and the body is always there – until it becomes second nature to know even the small movements you make. If you are reaching for something, you are doing it anyway; there is nothing extra

you have to do. Simply notice the reaching. You are moving. Can you train yourself to be there, to feel it? It is very simple. Practice again and again bringing your attention back to your body. This basic effort, which paradoxically is a relaxing back into the moment, gives us the key to expanding our awareness from times of formal meditation to living mindfully in the world.

Do not underestimate the power that comes to you from feeling the simple movements of your body throughout the day.

Adapted from J. Goldstein (1993): Insight Meditation

Gift Vouchers



*Give a friend, colleague
or loved one a treat of
their choice*

*Available for any amount
from £5 upwards*

*Ask at reception or call
01986 784500*

Spiritual Feeling

Dear Mortal Soul in the immortal Being,
How good it is to Live and Love in Knowing:-
The senses touch, to hear, of scent and seeing,
Are worthy of the truth and faith believing.

So then it is with your eternal knowing,
That we your spirits keep forever growing,
For with your Love you are for ever feeding,
That we may serve and follow your good leading.

By David Gillett



Counselling

by Sue Roberts Couns, MBACP

What a summer it's been. A mixture of glorious weather, probably too hot for some, and at the same time a sense of uncertainty about the future.

Whatever your views on Europe, there certainly seems to be a strange mood of "What next?" at the moment.

This comes at a time of year when there are new beginnings, starting school, changing schools, going to uni.....It's not only the people starting these new things who can feel lost and a bit apprehensive. Those left behind when a small child starts school or an older one goes off to college also have changes to accept and adjustments to make.

Add to that the fact that the long summer is over, the leaves are falling and the garden has started to look very sad! The approach of winter makes a lot of people conscious of the decrease in light and the possibility of bad weather. It can be a dreary few months and even Christmas can bring money and family problems.

So it's one of the turns of the year now. If you have any concerns or worries you feel unable to solve or if the winter to come makes you feel anxious, please get in touch. Just talking things through can make everything seem much more manageable - try a free half hour to see if it helps! Ring 07954 358015 or the centre to book.



The myth of Persephone

Liz Hill

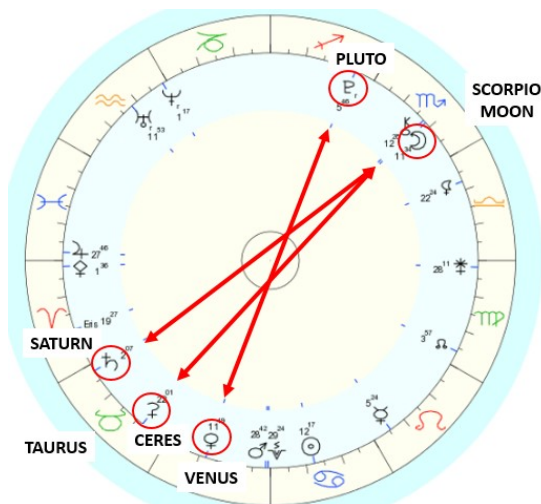
BA(Hons), Dip. Couns,
MBACP Certificate: Centref or Psychological Astrology

The following client is not based in Suffolk, has never been seen at the Harmony Centre and has given permission for this to be written. Client's name has been changed.

Greek mythology and astrology are interwoven and planets (Gods) epitomise traits common to humanity. The client, Ellen, has an alcoholic mother and from an early age Ellen has cared for her. The Venus opposing Pluto aspect in Ellen's chart resonates with the story of Persephone, who was abducted to the underworld by Hades (Pluto) to be his bride. The related mythological themes are those of: no choice, no negotiation and no control. This imposed care-giving position is shaping how Ellen relates to others and how she uses her power in relationships. Like Hades, she tends to dominate others, i.e. Ellen's learnt behaviour from her own mother-daughter relationship.

When Persephone's mother Demeter, Goddess of agriculture and fertility, hears of her daughter's disappearance she is distraught and as revenge, puts a curse on Earth making the land infertile until her daughter is found. Hades is eventually persuaded to release her but having enticed Persephone to eat from the underworld, 6 pomegranate seeds in total, meant she must return to the underworld one month for every seed consumed. It is said that this gave the northern hemisphere its seasons and each autumn (Scorpio) Persephone returns to the underworld for six months before being returned to Earth at spring (Taurus). Scorpio is the annual reminder of nights getting longer and when nature starts to decay. Worldly cultures celebrate the Day of the Dead, All Saint's Day, Halloween, Samhain etc and is a time to honour loss and for letting go. Ellen's chart has interesting oppositions on the Taurus-Scorpio axis, which is about attachment and loss respectively. In Taurus, the asteroid Ceres (Roman for Demeter epitomises nurturing) and Saturn (authority and duty) opposes Ellen's moon (childhood and past) in Scorpio. Ellen's mother, through her addiction, is overly attached to her dutiful daughter for her nurture and care but this cost Ellen her childhood.

The article demonstrates how psychological astrology can be used in a client session to add symbolism and metaphor. As Greek mythology and astrology are interwoven, retelling these myths can help bring natal chart aspects to life and is easier for a client to externalise their issues when presented with a similar story.



Therapies and Practitioners

Acupuncture
Allergy Testing
Aromatherapy
Astrology
Ayurvedic Consultation
Ayurvedic Marma Massage
Chiropractic
Counselling/Psychotherapy

Sue Hooker
Frances Arnold
Tanya Bradbury
Liz Hills
Tanya Bradbury
Tanya Bradbury
Paul Parolin
Sue Prendergast
Sue Roberts
Paul Parolin

Craniosacral Therapy
Deep Relaxation
With Hypnotherapy
EMDR
Healing: Reiki/Spiritual

Suzanne Mann
Vanessa Murphy
Paul Eagle
Suzanne Mann
Judith Samuel
Ana Wilkinson
Frances Arnold
Ana Wilkinson
Peter Healey
Judith Samuel
Paul Eagle
Suzanne Mann
Judith Samuel
Suzanne Mann
Ana Wilkinson
Sharon Humphrey
Paul Eagle
Suzanne Mann
Paul Eagle
Suzanne Mann
Sue Hooker
Judith Samuel
Tanya Bradbury
Cindy Engel
Tanya Bradbury
Suzanne Mann
Ana Wilkinson

Health Kinesiology
Holistic Massage
Homoeopathy
Hopi Ear Candling
Hypnotherapy

Indian Head Massage
Life Coaching
Lymph Massage
Remedial Massage
NLP

Past Life Regression
Phobia free in 3!
Physiotherapy
Reflexology
Rhythmic Body Massage
Shiatsu
Shiobhyanga
Stop Smoking for Life
Thai Massage
The Art of Being Present - Breema
Weight Management

Ana Wilkinson
Suzanne Mann

There is only one thing in life worse than being talked about, and that is not being talked about.

Oscar Wilde

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