



# Harmony Centre News

*The perfect setting for healing, learning and development*  
Spring 2019  
No. 34

## Editorial by Paul Parolin DC CST

As I write this the sun is shining and it's our first day with the front door and both windows open. February was a rare treat also and hopefully a sign of things to come. It's the 29th March and Brexit is causing "dis May". But don't worry this newsletter will surely cheer you up.

We have three interesting articles from our resident therapists. Firstly Paul Eagle discusses the importance of having a sense of purpose in one's life and choosing activities that both challenge and fulfil. Sharon introduces Muscle energy techniques MET and how they can help lengthen and relax shortened muscles as well as increase joint mobility. If it's diet and nutrition you're interested in then Tanya's article on Ayurvedic Diet highlights how this Indian approach to health can help improve digestion and eliminate toxins from the body.

Sue offers help for those who may feel stuck and needs someone trained to talk with. Whether it be help facing

difficulties or dealing with a temporary blip. Finally we have two new therapists joining us in Venetia and Sharon. You can find out about them and what they do on page four and there are two more new therapists arriving soon.



## Finding Purpose by Paul Eagle Dip in Hypnotherapy & NLP, Usui Reiki Ryoho

Master Dip in Spiritual Healing



### Finding Purpose.

I have been privileged to help many people of all ages find a sense of meaning or purpose in their lives, whether they were coming out of a depressive phase, had experienced a loss or were simply moving into a new chapter in their lives. It seems that we all know that we need a Sense of Purpose, and feel bad if we don't have it.

### Why is it important to have a Sense of Purpose?

Studies at Stanford and Washington Universities in America have found that while a Sense of Purpose is important for everyone, - indicating better overall wellbeing, resistance to stress and a

more positive approach to life's challenges, - it is even more valuable for people later in life, and can contribute to better self care, improved cognitive function and even stronger physical responses such as grip strength and walking speed.

### Take stock of where you are.

People in need of a Sense of Purpose, may have approached me with symptoms of anxiety, feeling lost or grief stricken. I encourage them initially to 'Take Stock'. Getting a calm and clear perspective on where you are right now, and how that fits within the framework of your life, your family, work and health situation is a powerful first step to moving forward. Too often we charge onwards through life simply repeating old unhelpful actions or behaviours. A bit like trying to play a VHS video in your new i-phone - it just doesn't work! Pause, breathe and give yourself a moment.

### Choose activities that challenge and fulfil you.

Once we have cleared old beliefs and attitudes it is time to try something better. Identifying the things that have helped you feel worthwhile in the past

is a good starting point, but it may be that now is the time to try some of the things you were 'always too busy' to try when you were younger.

### You can try different things.

Make a commitment to yourself in order to give yourself enough time to discover what you truly enjoy, but remember the decisions are not set in stone. As humans we can change our minds. And remember, it doesn't have to be a World Changing Purpose that you find, just something that helps you to keep on moving and feel freer, healthier and happier.

If this is something you would like help with, please get in touch.

[www.eaglehypnosis.co.uk](http://www.eaglehypnosis.co.uk)



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# Muscle Energy Techniques by Sharon Humphrey BSc, Dip RM, Adv Dip MT (MSM)

## Muscle Energy Techniques

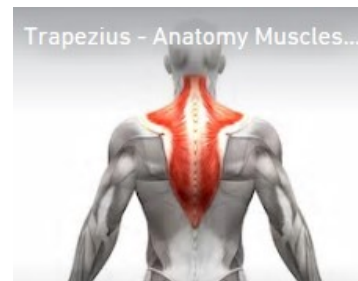
As a result of injury, poor posture, periods of immobility or osteoarthritis, we often feel stiffness in our bodies. Whether it is the joints causing stiff muscles or tight muscles leading to stiff joints, in time we may suffer discomfort and pain.

As a Remedial Massage and Manipulative Therapist I use techniques to help release and relax patients muscles and therefore promote healing. One such technique is **Muscle energy technique (MET)**, which can ease pain, improve joint mobility and improve patients wellbeing.

**MET** is a manual therapy that uses resistance against the patient tensing a muscle, followed by gentle stretching of the same muscle. The aim is to lengthen and relax shortened muscles, and increase joint mobility.

One example of an **MET** I often use is the treatment of the trapezius muscle. The trapezius is a large kite shaped muscle situated on the back of our neck, across our shoulders and down our back. It attaches to the base of the skull, down the spinous processes of the upper back (thoracic) vertebrae, the collar bone (clavicle) and shoulder blade (scapula). The primary function of the upper trapezius is to pull the shoulder girdle up. As a result of poor posture or stress we often unintentionally cause tension in this muscle. This can eventually lead to shortening of the fibres, which in turn restricts the rotation of our head and neck. Trigger points or tight spots may develop in the muscle commonly causing pain and headaches.

During a treatment the patient's trapezius is first assessed for restricted movement. If the side bending range of movement of the neck is less than 45 degrees then the trapezius could be tight. The MET treatment would then follow.



*The therapist's hands provide a barrier against which the patient pushes their head and shoulder holding for 10 seconds.*



*After a breath in, the patient breathes out whilst the therapist pushes the head and shoulder in the opposite direction, lengthening the fibres of upper trapezius*

Other muscles may be treated in this way, including shoulder and calf muscles, hamstrings and muscles which can be associated with sciatica. Depending on the type of MET, restoring muscle tone, strengthening weak muscles, boosting local circulation and improving musculoskeletal function are possible.

## 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

Courses

availability on request

### 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)

Vanessa Murphy

one to one or groups

availability on request

### Universal Love Frequency

Sharon Bloom

one to one or groups

availability on request

### Weekends

Saturday & Sunday

9 weekends 1/month

### Massage Level 3 Diploma Course (ANM)

Ana Wilkinson

Next starting date early 2020

See website for all workshops and courses

### 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.



# Ayurvedic Diet A Healthier Approach To Life

by Tanya Bradbury MIFA, MFHT, APA asso,  
Yoga Alliance UK

In India all Ayurvedic doctors know how to cook, and know intimately the different effects that foods can have on individual constitutions, pre and post digestion. This also includes a variety of cooking methods which help to transform and



enhance the digestive quality of the food. A whole science revolves around this one subject, because incorrect eating and poor digestion creates ama or toxins in the body and this ama is the root cause of most diseases. Everything begins with good digestion, absorption of nutrients and proper elimination of waste products. Only then can the body produce healthy tissues and a balanced nervous system. Good health or Svasthya predominately revolves around a diet rich in fresh unprocessed foods, mostly based around grains, pulses and vegetables and fruits. However Ayurvedic diet is not bland or boring, it is something which gets the digestive juices flowing and is so delicious that it leaves the individual happy and content and well nourished. So even before you see the food you can smell it, and it's this first sense that helps to stimulate the appetite, we even say something smells "Mouth watering". It should also look appetising and contain different textures, some liquid, like a soup and other vegetable and rice dishes. Flat bread like Chappati also adds to the texture and nutritional content.

The balance of flavor and variety of tastes in Indian cooking leave us feeling satisfied. This is because they contain a balance of the six tastes. When all the six tastes are present in a meal, then we can say it's truly balanced and this balance of flavors helps us to enjoy our food and at the same time it helps us digest the food more easily.

- Sweet - Milk, fruits, grains, sweet fruits, sweet potato
- Sour - fruits, Yoghurt, sour cream, mature cheese, pickles
- Salty - salt, sea fish, seaweed, asafoetida
- Bitter - Radichio, bitter gourd, green leafy veg
- Astringent - pulses, lentils, beans
- Pungent - ginger, pepper, mustard, tender radish

The importance of the six tastes in each meal is something we tend to overlook in the western diet. Our diet in the west is mostly made up of "Sweet, Sour and Salty" If you look at fast food like a big mac or fish & Chips these are the main flavors. The trouble is too many of these flavors leaves our diet wanting, and often these tastes are high in sugars, salts and fats.

They can also aggravate some of the doshic types like Pitta and Kapha. And something that we tend to eat more of here is chocolate, I've noticed in India that people really don't eat that much of it if at all. They do like sweet without a doubt! but often that taste will be within the meal and balanced by the others. Once you get to know your own constitution better, you can eat more of the foods that are good for you, and eat less or avoid the ones which upset you.

To find out more about Ayurvedic consultation contact Tanya

## Therapies and Practitioners

**Acupuncture**  
**Allergy Testing**  
**Aromatherapy**  
**Astrology**  
**Ayurvedic Consultation**  
**Ayurvedic Marma Massage**  
**Caeayarons Angelic Love Frequency**

Sue Hooker  
Frances Arnold  
Tanya Bradbury  
Liz Hills  
Tanya Bradbury  
Tanya Bradbury

**Chiropractic**  
**Counselling/Psychotherapy**

Sharon Bloom  
Paul Parolin  
Sue Prendergast  
Sue Roberts

**Craniosacral Therapy**  
**EMDR**  
**Healing: Reiki/Spiritual**

Paul Parolin  
Vanessa Murphy  
Paul Eagle

**Health Kinesiology**  
**Holistic Massage**  
**Homoeopathy**  
**Hopi Ear Candling**  
**Hypnotherapy**

Suzanne Mann  
Judith Samuel  
Ana Wilkinson  
Frances Arnold  
Ana Wilkinson  
Peter Healey  
Judith Samuel  
Paul Eagle

**Indian Head Massage**  
**Life Coaching**  
**Lymph Massage**  
**Remedial Massage**  
**NLP**

Suzanne Mann  
Judith Samuel  
Suzanne Mann  
Ana Wilkinson  
Sharon Humphrey  
Paul Eagle

**Past Life Regression**  
**Phobia free in 3!**  
**Physiotherapy**  
**Reflexology**  
**Rhythmic Body Massage**  
**Shiatsu**  
**Shirobhyanga**  
**Stop Smoking for Life**  
**Thai Massage**

Suzanne Mann  
Paul Eagle  
Suzanne Mann  
Sue Hooker  
Judith Samuel  
Tanya Bradbury  
Cindy Engel  
Tanya Bradbury  
Suzanne Mann  
Ana Wilkinson

**The Art of Being Present - Breema**

Ana Wilkinson

**The Form Reality Practice**  
**Weight Management**

Venetia Campbell  
Suzanne Mann



## 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

# New Faces

**Venetia Campbell** D.hyp. Reiki & Sekhem  
(master/ teacher levels) Advanced level EMF Balancing  
technique. Form Reality Practice accredited teacher

I have recently returned to my Suffolk roots having lived in Devon and Sussex and am now settled in Woodbridge.

From here I organise The Community Wellness Project Meetup Group, based on the Peace Prayer of Lau Tzu, which states that World peace, and community peace, begins with peace in the heart. My garage conversion is finally complete and will be used as a "Peace Clinic" in my back garden for small group meditations and healing. I look forward to teaching The Form Reality Practice from the Harmony Centre as the energy at the centre and the surrounding land feels compatible with the graceful movements and high frequency transmission of the "dance."

Having spent many years as a meditator and healer and received (countless!) therapies myself, I have now come to a place where I feel more in awe of the sheer genius within the flow of Life and how it plays out in the apparent chaos around us. It gives me great joy to be able to assist people in reconnecting more tangibly to their inner Source so they do not feel so buffeted by changes in life and I like to share things in a practical, down to Earth way with a good dose of light hearted playfulness in the mix!

I have a particular interest in helping to relieve combat related trauma and how ancestral shock and trauma can be passed down through the ancestral line. This interest began in 2015 when I decided to go to the now notorious Better Days for Moira refugee camp on Lesbos in 2016.

I now volunteer with a charity which is dedicated to the relief of suffering from the mental, physical and emotional after effects of War and volunteer at the monthly Ipswich Combat Stress support group for Military Veterans.

**"FREE Intro Event! You are invited to come and experience a powerful vehicle of awakening and self-mastery. The Form Reality Practice is a gentle structured movement or "dance" which can be practiced alone or shared with another." Tues 7 May 7-8.30pm at The Harmony Centre**



**Sharon Bloom** Beds(hons) SSWH

It is lovely to introduce myself to you. I am so pleased to be able to come and work at the Harmony Centre after hearing about it several years ago. I have lived in Suffolk for 14 years, it is a very beautiful place to be. I have still many areas to explore, but this part is my favourite. I am at present the only Angelic Love frequency healer in this area. I found Angelic Love Frequency Healing 2 years ago. I have been amazed at the strength of it and changes possible for the client. I have been learning more and more since then. My own Attunement to the Angelic love frequency allows greater love healings to come through as I am also a Star Sacred World Healer. It is the Angelic Realms of very high love that help you with your healing and it can take place on a couch or a chair if that is more appropriate. Healing happens on many levels, not just physically. Clients have reported being more confident in a work situation or facing fears or feeling more joyful within their being following a treatment. We also work with a forgiveness statement which allows the healing to continue after the treatment to bring more healing and love to you. I have also trained as a Universal Love foundation Teacher. As soon as my teacher returned from the training, I took the course with her. I have felt first hand the frequencies within the course and have positively transformed my life. The lessons build gradually and take you through a spiritual development that will be surprising. You will learn new energy techniques and how you family can experience greater love. There are seven classes which can be taken singly or as a pair. This can be given as a one 2 one class or as a group. They can be taken weekly or with a longer spacing between dependent on the time you have available. I have a regular time slots at the Harmony Centre but maybe available to accommodate other times and weekends when the centre is free. I look forward to meeting you, please feel free to ring to discuss the treatment and courses with me.

Tel :07921833578 email [sharonbloom@btinternet.com](mailto:sharonbloom@btinternet.com)



## Has Spring sprung yet? by Sue Roberts Couns, MBACP

It's always good to feel that spring's arrived. After what can seem like a long winter the daffodils and primroses and the green on the trees are hopeful signs for more warmth and light. Even the March winds seem to blow fresh air rather than cold.

Do you feel like that? Or are you still stuck in what looks to you like endless winter? Long hours of darkness, a bout of flu, lack of sunshine: all these things can leave you without energy, feeling low. The winter blues can be hard to shake off. But there may be



more to it than that, if winter has left you anxious and uneasy about yourself, your life or your future.

Talking to someone about this really can help. There may be temporary blips, or difficulties you've been aware of but never really faced up to. Why not come and have a free half hour chat to find out how counselling works? There's no commitment involved and who knows - it could bring spring into your life sooner than you think.

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