

Harmony Centre News

The perfect setting for healing, learning and development

Autumn 2017

No. 31

Editorial by Paul Parolin DC CST

As I sit here in my dining room looking out at our apple tree teeming with fruit, thoughts go to the Autumn which has suddenly come upon us and the challenges that come along with shorter days and colder temperatures. Often these challenges can be physical and or mental especially over Christmas and the new year period.

We have some very interesting articles this edition. Many of them are associated with wellbeing, mind, mood, 'mojo' and the beauty that comes from within. In addition we have Paul Eagle's article below which highlights a dilemma many of us find ourselves in from time to time and Frances gives us the story of her journey from psychiatric nurse to kinesiologist.

We are pleased and excited to have two new therapists starting at The Harmony Centre. Jack Pescod uses Tibetan Singing Bowls. Jack will be offering concerts on Monday evenings 7- 8pm and one to one therapy on a Thursday morning. Sharon Humphrey is offering remedial massage. To book a treatment please contact reception. More on the website soon.

Another "new" at the HC is "Bone Density Checks". There is an insert about the scanning with this edition of the newsletter which you can pin on your notice board if you have one. The checks are made by way of an ultrasound scan and can detect both early onset osteoporosis as well as full blown osteoarthritis and plot where you are on that scale. Each person will come away with a pack including their scan results and further information to help understand what it means and what they can do about it.

Finally we hope you have a happy and healthy Autumn/Winter and with a little help from ourselves enjoy your life that little bit more.



Heart vs Head Paul Eagle Dip.Hyp &C; Dip.NLP; Reiki Master - Teacher

We so often hear 'spiritual' advice about "following your heart not your head" that it has become something of a cliché.

However, depending on your circumstances sometimes your head is the right way to go!

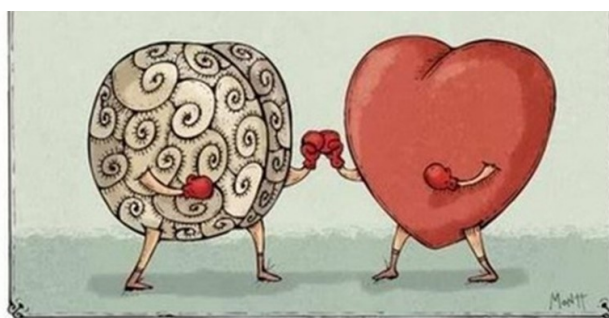
In my practice at The Harmony Centre I have come across many clients for whom this issue is a major contributor to their unhappiness. Some are

'thinking types' who analyse and criticise and who habitually judge and over-think; for them, letting go a little and getting in touch with their deepest feelings, fears, hopes, values and dreams is an essential step. For some however, the opposite is true – they are the ones completely at the mercy of their feelings, overwhelmed by emotions whether they are positive or negative. For these people it feels like they are controlled by their feelings.

So it is a good idea, especially in stressful times, to remember that rational thought and strong emotions both have a vital role to play in our lives. Setting time aside to really consider your situation rationally can pay big dividends, but you need to make sure you are not just turning over the same thoughts repeatedly in your head. To avoid this, set a

specific period of time aside, say an hour or so, when you will not be disturbed and your only aim is to clearly review your options, without fear, panic or desperation exerting any influence. Be clear about the questions you need answers to and ask yourself what you might suggest if a friend or family member came to you with the same issues? Sometimes we

are better at offering advice to others than we are at taking the steps we need to in order to resolve our own problems. Feelings are good – they are the way that our body and our unconscious mind communicate with our conscious self. But it is important to remember that *You* are more than your feelings, however powerful they may be. So called 'gut feelings' arise from



instinct, not *intuition*, and the two are easily confused. Often we will have a fearful response to trying something new or different, but that can be because we have evolved to prefer safe and familiar environments. Sometimes we just have to "Feel the Fear and Do It Anyway" as the book says, because always sticking to the safe option leaves us nowhere to go and no way to grow.

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Counselling by Sue Roberts

Couns, MBACP

It seems that the summer's over, if the weather's anything to go by....Autumn means the beginning of the new school and college year. Many young people will be starting something new, excited but also nervous about what to expect.

How do you feel this time of year? How was your summer? You might be looking forward to Christmas, or dreading the darker days. There's more time now to be indoors, maybe to think about how your life is going. Do you feel positive and hopeful, or just OK? Or even worried or anxious about things never seeming to improve?

If you think it would help to talk to someone, please get in touch. You can have a free half hour session to see if counselling would work for you. Just phone the Harmony Centre - you have nothing to lose!



Therapies and Practitioners

Acupuncture	Sue Hooker
Allergy Testing	Frances Arnold
Aromatherapy	Tanya Bradbury
Astrology	Liz Hills
Ayurvedic Consultation	Tanya Bradbury
Ayurvedic Marma Massage	Tanya Bradbury
Chiropractic	Paul Parolin
Counselling/Psychotherapy	Sue Prendergast Sue Roberts
Craniosacral Therapy	Paul Parolin
Deep Relaxation	
With Hypnotherapy	Suzanne Mann
Easibirthing®	Sarha Newman
EMDR	Vanessa Murphy
(Eye Movement Desensitisation Reprocessing)	
Healing: Reiki/Spiritual	Paul Eagle Suzanne Mann Judith Samuel Ana Wilkinson
Health Kinesiology	Frances Arnold
Holistic Massage	Ana Wilkinson
Homoeopathy	Peter Healey
Hopi Ear Candling	Judith Samuel
Hypnotherapy	Paul Eagle Suzanne Mann Judith Samuel
Indian Head Massage	Suzanne Mann
Life Coaching	Ana Wilkinson
Lymph Massage	Sharon Humphrey
Remedial Massage	Paul Eagle
NLP	Suzanne Mann
Osteopathy	Zuzana Tillner
Past Life Regression	Paul Eagle
Physiotherapy	Sue Hooker
Reflexology	Judith Samuel
Rhythmic Body Massage	Tanya Bradbury
Shiatsu	Cindy Engel
Shirobhyanga	Tanya Bradbury
Stop Smoking for Life	Suzanne Mann
Thai Massage	Ana Wilkinson
The Art of Being Present - Breema	Ana Wilkinson
Tibetan Sound Bowl Therapy	Jack Pescod
Weight Management	Suzanne Mann

Mindfulness for Wellbeing

Vanessa Murphy adv.di ctp ukcp emdr

- Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life
- Being mindful makes it easier to savour the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.
- By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

There is more than one way to practice mindfulness and to achieve a state of presence, by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation.

Basic mindfulness meditation – Sit quietly and focus on your natural breathing or on a word or “mantra” that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath, word or mantra.

Body sensations – Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.

Sensory – Notice sights, sounds, smells, tastes, and touches. Name them “sight,” “sound,” “smell,” “taste,” or “touch” without judgment and let them go.

Emotions – Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: “joy,” “anger,” “frustration.” Accept the presence of the emotions without judgment and let them go.

Urge surfing – Cope with cravings (for addictive substances or behaviours) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.



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.

Lost your Mojo? Liz Hills BA(Hons), Dip. Couns, MBACP, Certificate: Centre for Psychological Astrology

The foundation to astrology – the study of the stars – is the interconnectedness of everything: people, animals, nature and the cosmos. Our thoughts, feelings and actions have numerous interlinked consequences; no one acts in isolation. The application of astrology is interpreted through perceptions, patterns and symbolism. Astrology works in cycles, based on a planet's orbit around the sun, and the familiar albeit challenging, 'seven year cycle' is connected to Saturn. At the individual level, Saturn represents the boundary between our conscious and unconscious realms and his cycles denote periods of growth and development and interestingly I have noticed how clients seek therapy during these cycles. Since December 2014 we may have personally experienced a crisis in our faith, doubts in our purpose and contribution to the world or perhaps a decrease in optimism, trust and motivation. Those with birthdays in the signs of Sagittarius, Gemini, Pisces and Virgo will have experienced significant setbacks and difficulties over this period and this statement also applies to those with personable planets in these signs. Consultation with an astrologer can help you understand your natal chart placements, which is something I do in conjunction with counselling.

At the collective level since December 2014, we all may have experienced to some degree an urge to find a deeper purpose and meaning in life; questioning visions and ideals (of a personal nature and/or, political, religious, global bent) and in particular, contemplating whether or not they are pragmatic.

The zodiac sign of Sagittarius symbolises philosophy, adventure, travel and broadening of the mind and the sign's symbol is the archer. The archer would rather shoot his arrow too high and lose it rather than aim too low.

Consequently, Saturn in this sign can help us to manifest and

realise our dreams, to ground the arrow's intention, through hard work, commitment, patience and pragmatism.

Saturn spends ~2.5 years in each Zodiac sign and leaves Sagittarius and moves into Capricorn on 21 December 2017. Saturn is at home in Capricorn, an earthy sign and he functions with discipline, efficiency and this is where concrete results transpire. In this next phase, Saturn in Capricorn symbolises a sense of practically being able to build our vision into a tangible, solid and real form - if over the last three years, there has been a commitment to this self-enquiry!

I will be exploring Saturn at my workshop on Saturday 25th Nov 2017. The workshops are designed to demonstrate how 'psychological astrology' works: by linking up Greek mythology, astrology and psychotherapy. Participants get a copy of their own natal chart, a map of the personality, which is consulted during the workshop.



Regular Classes & Courses at the Centre

Mondays

7 - 8pm

Tibetan Sound Bowl Concerts Jack Pescod

Tuesdays

9.30 - 11am

7 - 9pm

**Yoga
MBRS**

Tanya Bradbury
Vanessa Murphy

on rolling

Mindfulness Based Stress Reduction
8 week course next start dates Jan 16th 2018,
April 24th 2018 & 25th Sept 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

2nd Fridays

Of the month

Group Meditation Vanessa Murphy

Weekends

Saturday

10am - 12pm

Astrology Workshops Liz Hills

Workshops run independent to each other. Attendance is flexible.
For all dates & details see website. Starting 21st October

Saturday & Sunday

9 weekends 1/month

Massage Level 3 Diploma Course (ANM) Ana Wilkinson

Course starting 20/21 January 2018 see website for rest of the dates

See website for all workshops and courses

Kinesiology: talk to the body Frances Arnold

"Frances? Any chance of an article for the Harmony Centre News Letter?" asked Lucietta hopefully.

"When do you need it by?"

"Yesterday"

Well I have a spare hour today, so thought I could briefly write about how I got in to Kinesiology.

The story starts about 25 years ago, I was a psychiatric nurse, mum of 2 and had been suffering with chronic fatigue for the past 5 years. Which meant that life was like wading through mud with a head full of cotton wool.

Doctors had come up with nothing useful (in those days tiredness conditions weren't really taken seriously unless you were anaemic which I wasn't).

I started to explore the world of complementary medicine. Several modalities helped me to varying degrees, particularly those based on the Chinese system, but essentially my condition persisted.

One day someone told me that a kinesiologist had discovered the foods they needed to avoid by testing a muscle with the food on their body.

"That would be useful" I thought and duly made an appointment.

"Yes I can test you for foods" said Lorraine Myers (the Kinesiologist), which she quickly did. Among other things sugar placed on my body weakened my whole muscular system and devastated my energy levels.

"But in order for you to get well we need to balance your whole energy system."

As the session progressed it transpired that, through muscle

testing, she could "ask my body" where the imbalances lay that were causing the symptoms and what was needed, from her range of energy balancing techniques to regain harmony within my whole system and thus return to health.

This blew my mind , so simple, so efficient, no guess work, no trial and error. Everything needed can be accessed through the body's wisdom.

I resolved, that if and when my health returned through this system I would train as a kinesiologist and help others do the same.

The rest is history. I've been working with clients for 16 years now. Every session tells the unique story of the client's energy system: What is going on within this system and what is needed from my ever expanding "tool box" of energy balancing techniques and healing methods to release blockages and promote healing and growth.

Just as an aside: these days aged 55, I eat sweet stuff to my hearts content (within reason) and have health and energy in abundance. And have 6



children mostly grown up.

Do ring me if you would like to talk more about kinesiology.
Bring the code **TALKTOMYBODY** for £5 off an Allergy test
or £10 off a Kinesiology session.
Frances Arnold 07985415600

Inner Beauty Tanya Bradbury MIFA, MFHT, APA asso, Yoga Alliance UK

We are all moved by the image of a beautiful woman or a handsome man, but beauty is so much more than skin deep. If we think about the people in our lives who we admired or who influenced us, they weren't necessarily beautiful in the classic sense.

They may have a caring loving nature, or a beautiful smile, a reassuring tone or words which were full of wisdom. Beauty is something which can shine through us all, It's the sum of all our parts, put together and expressed in a unique and delightful way. In Ayurveda, beauty is seen as something which results from a harmonious balance of body, mind and soul. Only when these components are working together will real beauty shine through. This interconnectedness of body, mind and soul, results in the fulness of life, connecting us to our true essential nature, which is Joy. We can all achieve a degree of beauty regardless of our looks or age, true beauty is actually an outward expression of positive and noble thoughts, the humanity of ones life expressed through grace and serenity. When we care for our body, by eating healthily, take regular exercise and meditate regularly we start to reconnect with our true nature. This is carried into our daily lives in whatever we do, enhancing our own relationship with the world around us and that of our relationship with others.



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