



Harmony Centre News

The perfect setting for healing, learning and development

Winter/Spring 2018

No. 32

Editorial by Paul Parolin DC CST

We welcome the new year with this edition of our newsletter with a new face and some great articles. 2017 was a year of growth and stability for the Harmony Centre. We now have an established group of talented, experienced and enthusiastic therapists/teachers who heal, inspire and empower those of you who choose to take responsibility for your own wellbeing. You should be praised for doing so.

We are fortunate to have New Face Sharon Humphrey join our team. She brings a wealth of medical experience having worked for the NHS under different guises and now offers remedial massage at the Harmony Centre. Sharon is at present training in manipulative therapy which we look forward to her offering this in the near future.

There are four interesting articles to follow. Frances explains how Kinesiology can help identify food allergies/sensitivities using muscle testing and guidance on how to apply your new found knowledge. Sue discusses how counselling can help unravel difficult issues subsequently feeling better about oneself. Ana our Breema practitioner brings us closer to understanding how using gentle movement and partner exercises in a non-judgemental and nourishing way can foster acceptance of oneself and inner knowing.

Tanya has included an interesting piece on the two types of Ojas found in the body as a substance of the digestion which are said to be responsible for biological strength, vitality and immunity.

We hope you enjoy reading this issue and wish you all a healthy and happy 2018.



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.

New Face Sharon Humphrey Dip RM (MSM)



Since leaving college with a degree in Biomedical Sciences I have worked as a Haematologist for Ipswich Hospital NHS Trust, United Bristol Healthcare Trust, and Heart of England Foundation Trust. An important part of this work involved personal contact with patients, a part of the job that I most enjoyed. I currently still work part time for the NHS, but am currently building a client base at the Harmony Centre where I do Remedial Massage Therapy.

I became interested in Remedial Massage through my own sessions with a qualified therapist,

so in 2016 I decided to undertake a course at the Midland School of Massage and Manipulative Therapy. I successfully completed the course in 2017 and am now continuing my

professional development by undertaking the Advanced Manipulative Therapy course. I have also taken additional courses to compliment the treatments I can provide with Remedial Massage.

Remedial Massage Therapy is one of the most effective ways to treat soft tissue problems as it is based on the fact that muscles, tendons, ligaments and fascia respond to touch. Remedial Massage is used in combination with techniques such as Muscle Energy Technique (MET), Myofascial Release and Inhibition to target a specific problem area, which may be identified during the initial consultation process.

The tissues causing the pain and surrounding areas are then specifically treated to help improve mobility and reduce pain. Soft tissue dysfunction causes more pain than many people realize e.g headaches often originate in the muscles of the neck and head, and sciatic pain may be caused by muscle spasm in the lower back, so by treating the muscles, pain can often be reduced.

Following treatment I can give patients guidance on how to improve their posture and suggest exercises they can do to help themselves at home. Through my therapies and guided self-help, patients and I can work together to help provide patients with a better quality of life.

Ring reception to book.

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Do I Have an Allergy Frances Arnold

New year is a time when many look at improving their diet: Changing to de-caff, low fat milk or cutting out cake.

But what if food is threatening your health more seriously? Symptoms such as excessive tiredness (especially after eating), stomach discomfort, bloating, IBS symptoms, headaches, skin problems, may suggest a food intolerance. An allergy may have more extreme effects: severe inflammation, vomiting and, at worst, anaphylactic shock.

But it can be maddening trying to work out the food culprit through trial and error or by keeping a food diary

As the kinesiologist at the Harmony centre, part of my work consists of identifying foods, food additives or any other substance that may be weakening the body or compromising its ability to function. Within a half an hour test you can know exactly what your body wants or doesn't want you to eat, in order to feel comfortable and healthy.

How?

Your arm will tell you!

Every muscle of the body is linked with the electro-magnetic circuitry of the body known as the Meridian System. Anything that "Stresses" the body, for instance a food it cannot process, will break the circuit and cause the muscle to weaken (or "unlock").



So, by placing the substance on the body and pressing on a muscle, the Kinesiologist can quickly and efficiently test for Biocidics (substances that deplete the body of energy).

If the muscle remains strong (locked) this indicates that the substance does not harm the body and could be Biostatic (neutral) or biogenic (increases the body's energy)

With muscle testing it is important that the tester has a clear intention.

My aim is to identify any substances that are compromising the body's ability to function.

How does muscle testing differ from other allergy testing techniques?

The Kinesiology test gives immediate results, it's non-invasive (no blood is taken). It works whether or not the allergen is in the blood system. It is sensitive to substances medical tests may miss.

Muscle testing can be used to ask follow up questions once a substance has been identified. For example:

Should this be avoided all together?

Cut back on? How often? How much? Best alternatives.

I include testing on water intake, what type? How much?

Sometimes I can test exactly how long the substance needs to be avoided before it can be slowly re-introduced.

Beyond the Allergy test:

Most Food intolerance is a symptom of imbalance not the cause of symptoms.

There is much that can be done (if the client wishes), using Kinesiology energy balancing techniques to permanently eliminate symptoms of intolerance.

The client's system can be "re-programmed" to recognise the substances and process them appropriately. The whole system can be balanced and harmonised so that it functions at its optimum.

If you would like to find out more or make an appointment to be tested for allergies or intolerances, please contact me on Frances Arnold 07985415600. Only one appointment is needed for the testing, but to clear the allergy or intolerance would require further sessions.

Bring this Article for a £5 reduction off an Allergy test

Therapies and Practitioners

Acupuncture

Allergy Testing

Aromatherapy

Astrology

Ayurvedic Consultation

Ayurvedic Marma Massage

Chiropractic

Counselling/Psychotherapy

Craniosacral Therapy

Deep Relaxation

With Hypnotherapy

EMDR

Healing: Reiki/Spiritual

Health Kinesiology

Holistic Massage

Homoeopathy

Hopi Ear Candling

Hypnotherapy

Indian Head Massage

Life Coaching

Lymph Massage

Remedial Massage

NLP

Osteopathy

Past Life Regression

Physiotherapy

Reflexology

Rhythmic Body Massage

Shiatsu

Shirobhyanga

Stop Smoking for Life

Thai Massage

**The Art of Being Present -
Breema**

Weight Management

Sue Hooker

Frances Arnold

Tanya Bradbury

Liz Hills

Tanya Bradbury

Tanya Bradbury

Paul Parolin

Sue Prendergast

Sue Roberts

Paul Parolin

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

Zuzana Tillner

Paul Eagle

Sue Hooker

Judith Samuel

Tanya Bradbury

Cindy Engel

Tanya Bradbury

Suzanne Mann

Ana Wilkinson

Ana Wilkinson

Suzanne Mann

Ojas The Essence of The Dhatus Tanya Bradbury MIFA, MFHT, APPA asso, Yoga Alliance UK

I love the name Ojas it has a lovely ring to it. Ojas is such an amazing substance which modern medicine doesn't recognize or understand. I want to talk about it because it is something which everyone should know about. It is the body's built in immune system, protecting and preventing it from disease, a form of biological consciousness, which can expand and grow within the individual. You can increase Ojas in your daily life, by simply changing the lifestyle and diet. Ojas is described as the finest relative substance of digestion, or the purest expression of correct digestion and metabolism. It is the purest essence of the transformation of the dhatus. (The Dhatus are all the tissues of the body, eg: fat, bone, muscle, reproductive tissue.) Sushruta (father of modern surgery) says that ojas is responsible for biological strength, vitality and immunity against disease. The ojas itself is the main determinant of bala- strength and vyaadhiksamatva, or resistance against disease.



Two types of Ojas

There are two types of ojas found in the body, **Apara Ojas** is found circulating in the blood stream and is present within the

organs and tissues of the body. (*Ardhaanjali pramaana.*) It is the result of the digestive process and the transformation of the dhatus.

Para ojas is found in the heart and consists of eight drops, or *Asta bindu*. These eight drops are present at birth and stay within the heart. If the heart is damaged or injured the ojas will be lost, this is the reason why patients who suffer from severe injury to the heart die.

Even after meditation Ojas can be seen as a healthy glow on the skin, and the eyes appear clearer and brighter.

We can say that Ojas is the Biological or physical manifestation in the body, and *Soma* is the comic manifestation of Ojas or "Cosmic Glue" which binds and holds together the entire universe. For even the universe depends on Soma to maintain it's health, equilibrium and balance. In this way we can see how the actions of individual beings and nations (ie, wars, killing and destruction of our natural habitat) can have a direct effect not only on our own evolution but on that of the entire world and universe.

Such a beautiful and perfect thing this creation is...

Let Indra drink, O Soma, of thy juice for wisdom, and all Deities for strength.

So flow thou on as bright celestial juice, flow to the vast, immortal dwelling-place.

Flow onward, Soma, as a mighty sea, as Father of the Gods to every form.

ref: *Rig veda*

Tanya Bradbury is an Ayurvedic health advisor and is available at the centre for consultations.

First Appointments take up to 1hour and 30minutes and cost £75.00

If you would like an Ayurvedic consultation call or email Tanya.

07779 583 123

tanya@tanyabradbury.co.uk

tanyabradbury.co.uk

New Year - Old You? by Sue Roberts Couns, MBACP

Many of us find the winter months dreary and depressing enough, but the media seem to think that what we need at the beginning of January is - RESOLUTIONS!!

Now's the time to diet, to exercise, to change your life and become the wonderful person you've always wanted to be.

Some people find these positive ideas, and there's no doubt that exercise and the right food are really important. But for a lot of us these messages come at the wrong moment and it doesn't really address the deeper issue - our view of ourselves and our lives.

Going on a diet may well make you feel healthier and better about yourself, but it won't help that difficult relationship with someone in your family. The conversation you really want to have with the friend who let you down is still too hard to risk. There are changes in your life you've been wanting to make for years and now it's 2018.....you can feel life is out of your control and you really need to do so many things you just haven't got the energy for....and then you start feeling bad about yourself.

Perhaps a better idea is to look for help unravelling the parts of your life you're not happy about. As you begin to feel more in control of things, so you gain in confidence and find it less tricky dealing with more long-term problems.

I offer a free half-hour taster session, so you can find out how counselling can help you feel better about yourself and your life. It would be good to meet you and try to help you face your difficulties and have a really rewarding 2018 - and beyond.

Sue Roberts contact via The Harmony Centre





Presence & Harmony

through

body-mind connection

Breema

Self-understanding Self-actualisation Self-transformation

I first discovered Breema many years ago in California at a time when my life was very open and flowing, but not very balanced or grounded! For me, what stood out most about this practice making it so helpful is firstly, what an incredibly gentle and nourishing teaching it is - really nurturing kindness to and acceptance of oneself.

Secondly it is consistently body-centred - great for me as I can get so lost in my mind. As I've learnt through Breema, my body is always here whereas my mind can be anywhere at any given moment!

And lastly that it really stresses the importance of coming to what is true for you, of never simply accepting what you may hear or read - but always verifying this by your own experience. I am seeing more and more in myself and in those around me, the importance of reaching inside and finding, trusting, following, that within each one of us that simply knows.



Breema uses gentle movement, partner exercises and universal principles of harmony (such as *no judgement, mutual support and body comfortable*) to connect your body, mind and feelings. Thus allowing you to let go of conditioned patterns so that you can enjoy new and more natural ways of moving, thinking and feeling. You become more able to receive a direct impression of reality without it going through the filters of your mind and emotions.

You may find that practising or receiving Breema you rediscover and trust your body's own instinctive healing energy and your sense of vitality and wholeness. You will almost certainly find yourself feeling more grounded, refreshed and nurtured in your everyday life.

"When you receive Breema, you wordlessly receive this message -
'you are not what you think you are'.

You get a taste of what you actually are. In that short taste of freedom from conditioning, you are filled with life energy that lights you up from the inside." Jon Schreiber

Join us for a day's workshop with Jon Schreiber, the Director of the Breema Centre,
at the Harmony Centre, Walpole, Suffolk.

5th May 10am - 4.30pm

To book contact Ana - 07828 735073 / ana@bodybreathe.co.uk

www.breema.com

£55 (Earlybird £45 before 5th April)

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: 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