



# Harmony Centre News

*The perfect setting for healing, learning and development*

Spring 2009  
No. 8

**O**ur website has a new look. More ease of use now enables us to keep the site more up to date with information about events, courses and workshops. It also now allows us to email you regularly with updates on what's happening at the centre, providing you are on our email database. If you are in doubt and would like to receive regular emails, email Lucietta at [info@theharmonycentre.com](mailto:info@theharmonycentre.com) and your details will be added.



Alternatively, log on to the website and take it from there. We are in the process of putting together a timetable of Thursday evening events and will notify you of these when details are confirmed.

A series of short self-health workshops is being hosted at the centre this Spring by Trish Dent. These workshops are being run on Saturday afternoons. See inside for dates and details. Don't forget our regular practitioners at the centre. If you're not sure which style of complementary health would work best for you, book a free 15-minute consultation with a practitioner for help on this matter. Reception hours 9am -1pm and 2pm - 6pm Monday to Friday.

## Disney Dao

**T**his summer I took a trip to China for a long retreat in a Daoist temple up in the mountains. Just before I set off, an earthquake destroyed the temple I was due to stay in for my retreat. A new venue was found on the other side of China. With planes, trains and buses being diverted or cancelled for emergency relief rather than internal transport, I had to make my way across China on my own with not a word of Chinese to my vocab-



ulary - and it's a big place! Eventually, after a week of creative travelling, I made it to Mount Wudang, spiritual home of the Daoist internal arts.

Wudang is famous for the development of tai chi, chi gung and internal alchemy used by monks to induce longevity and spiritual transformation. The Immortals of Daoist folklore were like wizards or time lords capable of manipulating the creative force of the universe.

While the Shaolin temple is where you go to learn fighting skills, Wudang is where you go to learn the esoteric healing arts. Expecting remote mountain temples, hermits, monks and abundant wildlife, I found instead supersized outdoor screens blasting out films of martial arts, loudspeakers (disguised as rocks) emitting very annoying Chinese music across the valley, and a plethora of gift shops selling pseudo

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mountain. And although disheartened by China's new consumerism and the 'Disney Dao' of Mount Wudang they managed to pull together a retreat on internal alchemy and taught me what they could under the circumstances.

Meditations were long and the postures physically demanding. Lessons would have been hard enough to understand if they were in English but in poor translation they were mostly impossible. Even so I managed to grasp the fundamentals of their internal alchemy practice and so adapt what I had been taught here in the West. But the teachers made it clear that we Western practitioners are the ones who will now have to carry these highly developed skills forward. Modern China, it seems, is no longer interested.

I returned to England more determined than ever to spread authentic chi gung teaching: a method of cultivating health and happiness. Classes run all year round at the Harmony Centre.

*Cindy Engel*  
01986 873997

swords, lucky charms and training shoes lined with cardboard. Wudang today is more theme park than spiritual source. The monks have left and the temples are turned into tea shops.

There are a few authentic teachers sitting it out in PurpleCloud Temple, the only working temple left on the

## *Practitioners*

### **Chiropractic, Cranio-Sacral Therapy**

Paul Parolin

### **Emotional Freedom Technique**

Marian Mills

### **Health Kinesiology**

Frances Arnold

### **Holistic Massage**

Amy Newman

### **Homeopathy**

Karen Preece

### **Lightning Process**

Kate Simpson, Steve Fawdry

### **Person-centred Counselling**

Sue Roberts

### **Reflexology**

Tricia Maguire

### **Reiki, Reflexology**

Judith Samuel

### **Shiatsu, Indian Head Massage,**

### **Myofascial Release**

Trish Dent

### **Swedish Massage, Hopi Ear**

### **Candling, Indian Head Massage**

Chloe Sadd

### **5-Element Acupuncture**

Caroline Shepherdson

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### **Person-centred counsellor joins the centre**

Sue Roberts is an experienced person-centred counsellor, working with individual adults and young people over a wide range of problems. She says: "My aim is to create a safe environment in which clients can look at themselves and their difficulties, recognise who and where they are and move on with increased confidence and self-belief."

Sue's fees £40 per 50-minute session. Concessions are available.

Contact Sue on 01502 575238 or the Harmony Centre for an appointment.

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# Thursday Evening Event

All welcome - from 7.30 to 10.00 pm

Cost is £3

**29th January Imbolc, a celebration of the coming of Spring**

An evening with Kaaren Whitney, to mark the beginning of the Celtic year.

Please bring a poem or intention and a candle (with candleholder) and arrive by 7.15pm for a prompt start.

There will be more events happening this spring, email your email address to [info@theharmonycentre.com](mailto:info@theharmonycentre.com) to receive regular emails about events at the centre. Note that a nominal cost of £3 has been suggested for this event to help pay for the centre's music licence.



## Quality of Life for the Elderly

**M**ovement gives health and life. Stagnation brings disease and death" - Proverb in Traditional Chinese Medicine.

For each of us movement is an essential part of life. For some, movement is not always easy or pain free, particularly the elderly. Even for the most active individuals, with age, the body begins to slow down, lose its flexibility and movement can become a painful experience.



At this point it is very easy to say, "it's arthritis", nothing can be done. X rays show "wear and tear" and the gradual slide down that slippery slope towards more medication and less activity begins.

There is another way.

Both chiropractic and craniosacral therapy have proven to be beneficial in improving mobility and quality of life for people of all ages. Here at the Harmony Centre a large percentage of the clients I see are retired and some are in their 80s. Many come with conditions like difficulty walking, pain down their legs (sciatica) or arms, difficulty getting out of chairs, low back pain, headache etc. Most of them have had physiotherapy and X rays, are on medication and, often as a last resort, try chiropractic.

Chiropractic is a hands-on approach to improving mobility and reducing pain by correcting structural mis-

alignments and vertebral fixations. The corrections made are called adjustments. Initially, a full medical history and examination of each client is carried out. The client is then given a report of findings (an explanation of what is causing the problem) and an appropriate programme of care is discussed. The programme will include treatment, postural advice, an exercise programme etc. All techniques used will reflect the client's age and health status. A maintenance programme is also offered to continue the progress made.

Clients report improvement in many aspects of their lives. They find they can move more freely, sustain exercise for longer, feel more stable on their feet and, importantly, feel less pain. I often see golfers who comment on how their game has improved, drivers who are able to look behind them when reversing for the first time in years, gardeners who are able to do more, walkers who can walk further.

For those concerned about safety, chiropractic is regulated by the General Chiropractic Council and recognised by the British Medical Association. Every chiropractor must be qualified by a recognised educational institution and undergo continuing professional development.

*Paul Parolin DC CSTA*

To make an enquiry please phone 01986 784712.

## Self-Health Workshops

These Saturday afternoon workshops run from 2pm to 5.15pm

### 21 February Relieving Back Pain

How to look after your lower back; prevention and pain management

### 21 March Neck & Shoulder Problems

Common causes; prevention; management and exercises

### 4 April Irritable Bowel Syndrome

A modern disorder? What causes this often embarrassing problem; how to eat your way out of it, pressure points and more

### 9 May Fertility

Why infertility has become so common. Food and exercises to maximise your fertility potential

### 16 May Menopause

Passage to power: what happens, why, the effects, how to make this transition positively and healthily

### 20 June Stress Management

Why we get stressed; self-help stress management techniques

*These workshops are organised by Trish Dent, a Shiatsu practitioner and teacher who has studied exercise and nutrition for many years. Contact Trish on 01986 780939 for more details.*

# Keeping New Year resolutions

What was your resolution this new year? Quit smoking, lose weight, start going to the gym, yoga every day, give up coffee, sweets? Hey wasn't that your resolution last year and the year before?

Why is it so hard for us to break habits, to change these addictive behaviour patterns? It could be something to do with disturbed energy patterns in the subtle energy body.

Only a fraction of our being exists as physical matter. Most of what we are is invisible and undetectable by conventional science. A simple way of explaining the subtle energy system is to liken it to a Russian doll: the small solid figure in the centre represents the physical body, then each of the outer casings represent consecutive energy bodies; each one more subtle, more expanded and vibrating faster than the one inside. And the interface between the subtle and physical body is the meridian system of channels carrying Chi (life force) around the body. Any changes in the subtle energy body are translated to the physical body via the meridians and its system of acupoints.

The subtle body contains the blueprint of who we are. When the energy pattern becomes unbalanced, symptoms of ill

health and problems, including addictive behaviour, become manifest in the physical body.

Disturbances in the subtle energy field have many origins: physical, mental or emotional traumas occurring from conception onwards; we may even carry some into the world with us at birth. So how does this relate to the problem of keeping New Year resolutions? Here's an example. Joe smokes 30 a cigarettes a day. Corresponding to his addiction and the issues that surround it, will be a series of disturbed energy patterns within his subtle energy fields. No matter how hard he tries to give up, those disturbed patterns keep maintaining the addiction. Even if by sheer willpower he manages to stop, it may only take one puff and he's back on 30 a day; because the pattern remains intact. It's as though his computer needs re-programming

Health Kinesiology is a therapy system that works on re-balancing damaged energy patterns within the subtle energy field. Using the computer analogy the Health Kinesiologist is like the software engineer that reprograms the coding. We call it re-attuning the energy. After perhaps four sessions of HK, Joe's relevant energy patterns are re-attuned.

Will he give up smoking just like that? Maybe, but unlikely. We are such beings of habit, that changing behaviour patterns is something we have to work at. HK can open habit-changing doors but it remains up to the individual to walk through them.

HAPPY NEW YEAR

If you're interested in discussing HK further ring me on 01728 663204.

*Frances Arnold*

## Bodywork Classes

### Chi Kung

Cindy Engel 01986 873997

### Pilates

Julie Mower 01986 798845

### Mind your Body Class

Trish Dent 01986 780939

### Yoga

Judie Shore 01728 648460

### 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.

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