



# Harmony Centre News

*The perfect setting for healing, learning and development*

Summer 2008  
No. 7

**W**hen did you last try something different? Not recently? OK, the chance can be yours, free of charge providing you have a moment to spare on Saturday or Sunday 7 - 8th June. As part of the Walpole Open Village event, The Harmony Centre is opening its doors over this weekend and offering free taster treatments.

Many of the centre's therapists will be on hand either to give you an idea of what a treatment may be like, or to help with your health queries. Come along to the centre, where there is plenty of parking, and also a light lunch, teas and cakes.

Throughout the village, a number of gardens will be open, and also the Marybelle Dairy and Walpole Old Chapel. There will be a local arts & crafts exhibition and teas in Walpole church. Light lunches and teas will also be available in the Community Pavilion on the playing field. Parking is available on the playing field, at the Harmony Centre and opposite Old Chapel. Open Village is 11am to 5.30pm on both days.

On a different note, the centre welcomes a new practitioner, Judith Samuel, who will be practising Reiki, Indian Head Massage and Hopi Ear Candling at the centre. As with other practitioners, you can book to see Judith by phoning reception between 9am to 1pm or 2pm to 6pm, Monday to Fridays.

## Boosting affirmations

**M**any people have discovered the power of affirmations to create the life they want. Bookstores have been full of information about the Law of Attraction with videos and books like 'The Secret' and 'Cosmic Ordering', 'Ask and It Is Given'. All this information holds great promise, and we know that it can work. But does it work for you? Have you tried it and given up in despair? Is it taking a long time to get where you want to be?

The good news is that it does work for everyone - and it works well. What may be holding you back are the limiting beliefs you still hold. Every time you tune into your affirmation, any negative beliefs, thoughts, emotions about that desire will come up too. So it can be rather like driving with one foot on the accelerator and the other on the brakes! The key point is that affirmations work, and they work well, quickly and powerfully, once they are free of the restraints of the negative beliefs. EFT is a powerful eraser of these 'tail-enders'; those little bits of self-talk that crop up telling us why we don't deserve this, or why it's not safe for us to have this. In fact, creating and working with affirmations actively brings these tail-enders to the fore. This is great news, because it means we can then identify them, and erase or transform them with EFT.

Personally, I know that this works. You can read about my experience on my web site. Follow the links to Abundance. If you really want to discover and live as the divinely powerful being that you truly are, you need to get going with the eraser and set your affirmations free.

You can learn EFT from the free downloadable manual on the [www.emofree.com](http://www.emofree.com) web site. Or you can book personal sessions with Marian Mills at The Harmony Centre or email [marian@thestillpoint.co.uk](mailto:marian@thestillpoint.co.uk). [www.thestillpoint.co.uk](http://www.thestillpoint.co.uk)



## Allergy advice morning

**T**his year, Homeopathic Awareness Week runs from 14th to 21st June and during this time, allergies will be taking centre stage. On Monday 16th June homeopath Karen Preece is heading an Open Morning on Homeopathy when she will be freely available to discuss allergies or other health issues. Homeopathy views the rise in allergies as the result of a less-efficient immune function in an increasing number of people. The reasons for this are many, but include: our environment contains more toxins and pollutants; diets include more refined foods with increased levels of artificial additives; and controversially, the over-vaccination of very young children before inherent immunity has developed. Allergies take many forms and affect people very differently.

The effectiveness of homeopathy hinges on a full assessment of an individual's characteristics and how the particular allergy is uniquely affecting them. Heredity factors are also considered as chronic allergic patients often have a family history of allergies. Homeopathic treatment aims to balance and boost the immune system, reduce toxicity in the body and provide management of the allergic 'flare-ups'. Dietary and lifestyle advice also regularly feature within homeopathic treatment.

Homeopathic remedies are made from natural substances and are diluted many times to provide a potent healing medicine. They are generally safe to give to small children during allergic flare-ups and do not cause unwanted side-effects or risks to long-term health. Research has proven the effectiveness of homeopathy, particularly in the areas of eczema, asthma, allergic perennial rhinitis and hay fever.

Registered Homeopath Karen Preece RSHom holds regular clinics at The Harmony Centre.  
[www.homeopathyandhealth.co.uk](http://www.homeopathyandhealth.co.uk)



## Practitioners

### Chiropractic, Cranio-Sacral Therapy

Paul Parolin

### Emotional Freedom Technique

Marian Mills

### Health Kinesiology

Frances Arnold

### Homeopathy

Karen Preece

### Lightning Process

Kate Simpson, Steve Fawdry

### Psychotherapy, Hypnotherapy, Counselling

Tim Mills and Marian Mills

### Psychosynthesis-Psychotherapy

Sue Holland

### 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

# Dragon & Tiger at the Centre

**A**s a chi kung practitioner and instructor I am constantly learning, adapting, training and working through new aspects of the system. The thing I love about chi kung is the never ending process of personal development, the constant transformation. My classes now are not the same as they were five years back, and they will not be the same in five years time. My goal is simply to see how far I go with this fascinating system of energy cultivation.

With this in mind, I recently updated

my training as an instructor of an ancient Buddhist set called Dragon & Tiger medical chi gung. There are only 7 moves each designed to rid the body of stagnant chi, and it is used in China to help those diagnosed as having terminal illness or suffering the difficulties of chemotherapy and radiotherapy. The lineage master for Dragon & Tiger chi gung is Bruce Kumar Frantzis (most recent book, *The Chi Revolution*) and so for my instructor certification I had to spend 14 days (11 hours/day) under his expert eye. This experience was much more demanding than I had expected from my shorter experiences of working with him. It was not the physical demands that were excessive; after all, the Dragon &



*Tiger separates her cubs*

Tiger set has a gentle flowing physicality. No, it was Himself (or rather my reaction to him) that was hard work.

I am accustomed to chi gung masters being eccentric. It goes with the territory. Bruce Frantzis though is a unique phenomenon even among this unusual cohort. He hits hard verbally, swearing and cursing, intimidating his students and talking about sex far more than seems appropriate. He talks about himself and his great achievements in such a way that the word 'arrogant' is muttered on many lips.

It would have been easy to walk away complaining that this teacher did not behave like a master or (more honestly) that he did not live up to my expectations of a master. Of all the many excuses we make for not adhering to a difficult process of personal development, disliking the teacher has got to be in the top three! Instead, I stayed and worked on letting go of my need for him to be 'nice'. After all, he has the knowledge I am looking for and a vast experience of using chi gung to heal serious illness.

I come back from this experience slightly battered and dazed but the material is good -- very good. Dragon & Tiger has a lot to offer as a 10 minute daily practice. I have found it to be very strong at shifting blockages on all levels. The next time I teach Dragon & Tiger will be in the autumn here at the Harmony Centre. I can't promise not to swear or refer to sex but I can promise to be nice to you (most of the time).

*Cindy Engel*  
01986 873997

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## Stillness in movement

**G**ifted to us across the centuries the Yoga Sutras of Patanjali set out the path to enlightenment and although thousands of years ago the practice of yoga postures was an integral part of everyday Eastern life, only those who were young, single and free from worry were encouraged to follow it! Given that many of us will be none of these things, how is this ancient text still relevant to us in the West today? We are blessed that the wisdom of Patanjali's teachings have been brought to us by Sri Krishnamacharya's son, TKV Desikachar, and his many students.

It is no longer a requirement to leave your family for the mountain top - in any event, you would struggle to find a

mountain in the Suffolk landscape! The modern day challenge is indeed to find a sense of stillness amidst the busyness of life in which we are so engaged and yoga can give us that. As human 'beings' we can, if we choose, disengage from our human 'doings' and, by harnessing breath, movement and spine, gain greater flexibility and strength of body, stamina of breath and an increased sense of well 'being' within the reflective space.

If you are interested in learning more about yoga (I currently run classes at The Harmony Centre and at Westleton Village Hall) please call me on 01728 648460. In the meantime, 'be' well, go well...

*Judie Shore*

# Thursday Evening Events at The Harmony Centre Summer 2008

All welcome - from 7.30 to 10.00 pm  
These are FREE events, although donations are welcome

- 1st May **Beltane - The Celtic Festival of May**  
A seasonal evening of song and dance with Caroline Weatherby (dedicated to Fania Mahony).  
Please bring a flower or candle.
- 8th May # **The Lightning Process - Illuminated**  
A clarifying and experiential evening with Kate Simpson and Steve Fawdry
- 15th May **Labyrinths as Sacred Space**  
Walk a Labyrinth, draw labyrinths and dowse for change with Amanda Daniel
- 22nd May # **What is Reiki - Where is it at today?**  
An interactive evening with national update  
Christine Johnston, UK Reiki Federation committee member
- 29th May # **Are you simply one of the five Homeopathic personalities?**  
Explore the challenges of modern Homeopathy with Karen Preece RSHom
- 5th June # **How Flower Essences can help you cope with things that come up in your life**  
With local essence maker Rose Titchiner
- 12th June **Tarot for Self Discovery**  
An introduction from Major Tom Schick using his own 'Tarot of Marseilles'
- 19th June **Midsummer Imaginations**  
An experiential evening working with story and colour, led by Gabriel Lange
- 26th June # **Are you a Persecutor, Rescuer or Victim?**  
Find out & play some Transactional Analysis games with Val Burnham
- 3rd July # **Hedgerow Healing**  
Explore the power of our native plants with Mike Wade, Medical Herbalist
- 10th July **African Evening** - An end of season celebration with drumming!  
Please bring food and drink to share.  
# CPD certificates are available for these evenings

## *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.

## **FREE: Craniosacral therapy for babies**

**B**ecause all children deserve a healthy start in life, from May 2008 we are offering four FREE craniosacral therapy appointments, including the initial consultation, for all babies up to the age of 6 months. Take advantage of this offer and call us on 01986 784712.

Craniosacral Therapy is a hands-on therapy which assists the body's natural capacity to self-repair. This therapy owes its increasing popularity to its effectiveness and gentle approach. Suitable for people of all ages from new born to the elderly, Craniosacral Therapy is often beneficial for fragile or

acutely painful conditions, as well as during pregnancy, after an operation, accident, fall or injury. By raising vitality and supporting the body's own self-healing processes this therapy may aid people with low immunity, low energy (chronic fatigue), or those recovering from a long-term illness.



The types of childhood conditions craniosacral therapy can be helpful for are: colic, sleep difficulties, irritability, developmental delay, birth trauma, eczema and more.  
For more information about craniosacral therapy look at the association web site on [www.craniosacral.co.uk](http://www.craniosacral.co.uk)

# Auricular acupuncture and addiction

Over the past two years I've had many humbling and fascinating experiences in the use of auricular acupuncture for the treatment of drug addiction. As a qualified NADA (National Acupuncture Detoxification Association) practitioner I follow a very simple, yet effective protocol of five needles in each ear, a treatment which stimulates the key yin organs - Kidney, Lung, Spleen, Heart and Liver. And why the ear? Well the Chinese believe rather like reflexologists do with the foot, that the ear represents a microcosm of the body - with over 200 points already known of within the structure of the ear alone! To go a stage further, many believe that the ear mirrors the image of an inverted foetus - I encourage you to look at your own ear or those of your friends or family for closer investigation.

After I qualified I began doing some voluntary group work in Norwich for NOR-CAS - a support agency for drug users, and in particular with their structured day care programme. Typical groups ranged between 10 and 20 participants, from

regular drinkers, recovering alcoholics, occasional drug users and those for whom heroin, cocaine and crack cocaine were still very much part of their everyday lives. I could hear my tutor's voice in my head, reminding me: "Watch the needle count".

Quite different from one to one acupuncture sessions I found group work to be most challenging, yet supportive, where trust and brutal honesty - 'warts and all' came very much into play. Humbled by the often raw way in which participants spoke frankly of their lives - 'the good, the bad and the ugly' - I began to see how our ability to share experiences, reflect upon and process them, can often lead us to truly open our hearts to others, way beyond the superficial restraints of embarrassment or pride. In those many sessions I led I found individuals, often feeling rubbished by society, to be incredibly insightful and deeply spiritual. Perhaps having faced near death situations themselves, or using their own addiction to take them to places that some of us may never go.

Apart from participants feeling supported, largely by each other, as well as through the treatment itself, after a few weeks on the programme results indicated that many felt stronger and more able to deal with their addiction. Many commented that they felt more relaxed, less agitated and in those 'fight or flight' moments where addiction often reigns king, participants felt more grounded and stable and able to resist. Aside from the acupuncture that I gave other helpful interventions included dietary advice, workshops on relaxation, meditation, as well as tasters of other therapies such as shiatsu and aromatherapy.

Auricular acupuncture can also help those wishing to quit smoking, those with food addictions or indeed other cravings, yes ladies and gentlemen even those like myself partial to more than the odd bar of chocolate! If you would like further information on auricular or other forms of acupuncture please contact me.

*Caroline Shepherdson @*

The Harmony Centre, or telephone  
07785 322 859

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## Green & Alternative Funeral Exhibition

In this day and age, funerals are not the taboo subject they used to be. Times have changed and more often people are opting for green and alternative funerals

Come along on

Saturday 31st May 2008

to

The Harmony Centre, Walpole

11am to 3pm

And see some of the amazing exhibits including fine sculptures, floral displays, green and alternative funeral displays and much more

For further details please contact  
Louise Robinson on 01986 872204

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