



Harmony Centre News



The perfect setting for healing, learning and development

Spring 2006
No. 1

OPEN DAY FOR ALL , SUNDAY 19TH MARCH

The Harmony Centre, in Walpole, is planning its Open Day for Sunday 19th March. The day will provide everyone with an opportunity to visit the centre and discover what it has to offer.

Health practitioners will be there to answer your queries; there will be teachers to discuss courses and workshops with; also class leaders, who can advise on whether their class is suitable for your needs. Refreshments, including soup at lunchtime, will be on offer. All set in the tranquil surroundings of Walpole Hatch Farm, with pond, cattle and wildlife. A day not to miss.

It's a Dog's year

January 29th heralded the Chinese new year, the Year of the Dog.



Were you born in a Dog year?

- 10 Feb 1910 – 29 Jan 1911
- 28 Jan 1922 – 15 Feb 1923
- 14 Feb 1934 – 3 Feb 1935
- 2 Feb 1946 – 21 Jan 1947
- 18 Feb 1958 – 7 Feb 1959
- 6 Feb 1970 – 26 Jan 1971
- 25 Jan 1982 – 12 Feb 1983
- 10 Feb 1994 – 30 Jan 1995
- 29 Jan 2006 – 17 Feb 2007

If so, you were born into one of the most likeable signs in the Chinese horoscope. A person born in the year of the Dog is honest and intelligent. 2006 is a Fire Dog year, so Dogs born in other Fire years (1946) will have a particularly good year. The Dog is part of the Third Triangle of Affinity, a group of action-oriented signs that includes the Tiger and the Horse who seek to serve humanity, promote universal understanding and heighten communications. As such, the Dog is good at establishing personal contacts and developing strong bonds with others. The Tiger, Horse and Dog relate particularly well to each other and may be quite idealistic.

The Dog will encounter his greatest personality clashes with someone born in the year of the Dragon. From *The Handbook of Chinese Horoscopes* by Theodora Lau

Reflections on being (a) patient

Despite rarely being ill, I recently spent two days in bed, with a body that was not quite mine to command, more to obey, when it said REST. With little to do other than sleep and rest, I began to consider exactly what being a patient means.

There was a time not so long ago, when the patient was just that: a patient person bowing to the superior knowledge and advice of the doctor or expert, often asking few questions and taking the doctor's remedies, often without understanding what these might do, or what effects they could bring about. Of course, alongside this authoritarian, aloof and lofty image of the health-expert, there has probably always been the more enlightened one, who takes a holistic view of the patient, asking questions not just about their immediate symptoms but about their general well-being, state of mind and so on, and who is as happy to explain what is going on, as well as to listen.

I started to reflect on this ideal holistic

partnership: where the therapist and the patient work together to maintain or restore health and where the body flags up the symptoms, not so they can be automatically masked or negated, but so they can be listened to, as in the case of my aching flu-ridden body!

I do not hold with the view maintained by some Christians that illness is a useful subjugation of the body, or a gift in the service of God, but I do believe that occasional illness, or minor disability, can give us a window for slowing down, listening once again to a body that we all too often abuse or take for granted, a time for reflection and softening that can be used for positive gain, if we can but see it that way. My husband might not agree, as he has to do the washing up for the third night in a row, but perhaps he too will experience the benefits of slowing-down and being mindfully patient and caring with me!

My intent is to be patient and holistic, starting with myself.

Alice Eastaugh

Acupressure relieves back pain

Results of a study conducted in Taiwan suggest that acupressure is better at alleviating the pain and disability of lower back pain than conventional physical therapy, according to a recent report in *BMJ Online First* (ref.1).

Acupressure is a type of traditional Chinese medicine that uses the same principals as acupuncture, but involves the application of pressure, rather than puncturing the skin with

needles. Shiatsu practitioners also uses these acupressure points as part of a treatment.

To meet validated standard outcome measures and to take into account functional status and disability, the researchers recruited 129 patients who had lower back pain for more than 4 months. Sixty-four patients were randomly assigned to acupressure and 65 to physical therapy,

continued overleaf

which included such measures as pelvic manual traction, spinal manipulation and exercise therapy. Each subject received 6 sessions. Disability questionnaire scores showed significantly more improvement in the acupuncture group at the end of treatment, and these scores were maintained at 6-month follow-up. The patients treated with acupuncture also reported greater improvement in leg pain, pain that interfered with normal work and days off from work or school. "The results provide a base for comparison across international studies," the researchers conclude.
1. BMJ Online First, Feb 17 2006.

Trish Dent practices Shiatsu
 Tel 01728 668450

Practitioners at The Harmony Centre

Chiropractic, Cranio-Sacral Therapy

Paul Parolin 01986 798114

Chi Kung

Cindy Engel 01986 873997

Health Kinesiology

Frances Arnold 01728 663204

Holistic Massage Therapies, Reflexology

Alice Eastaugh 01502 675228

Homoeopathy, Flower Essence Therapy

Linda Cartwright 01986 875477

Iyengar Yoga

Marish Bromley 01986 785215

Pilates

Julie Mower 01986 798845

Psychotherapy, Hypnotherapy, Counselling

Tim Mills and Marian Mills
 01502 722538

Shiatsu, Indian Head Massage

Trish Dent 01728 668450

TCM & 5-Element Acupuncture

Johanna Murray 01728 668326
 Kirsten Lane 01379 388365

Living Harmony Diploma course

Viviane Fingerhut 0208 958 1740

How to Make New Year's Resolutions Stick!

Professional athletes use it and so do the most successful people - it is the most powerful tool available to everyone. Better still, it costs nothing, is easy to do, can be started immediately and gets results - guaranteed!

IT, is your subconscious mind. Ready and able to do things that are sometimes beyond imagination and comprehension.

The subconscious mind does not know the difference between reality or imagination. The more vivid a thought, idea or image is, the stronger the response from the subconscious mind. When you imagine yourself doing something, your subconscious believes that you are doing it. With repetition, the neural pathway in the brain gets deeper and deeper, forming a habit. Once you present a vivid image to the subconscious mind, consistently, with belief and conviction, the subconscious mind then begins to change your behaviour patterns so that you will become accomplished or make real that image the subconscious mind has received and accepted.

With this simple self-hypnosis procedure, you can change behaviour or thoughts, achieve goals or feel less stressed. You will be able to do more, in less time and with what will seem like half the effort.

1. Decide what it is you want to change or achieve.
2. Find a place where you will not be disturbed for about 30 minutes.
3. Lie or sit comfortably.
4. Take 3 deep breaths. Imagine a deep relaxation filling you with each inhale and all stress, anxiety and tension escaping with each exhale. On the third exhale, close your eyes.
5. Now imagine each and every muscle and body part relaxing, letting go.
6. See a set of stairs. See and feel yourself going down from 10 to 1. With each number, imagine you are relaxing deeper and deeper.
7. Using all your senses, vividly see yourself as you want to be. See where you are, what you are wearing, your surroundings. Hear what's in the background, smell the air, feel the emotions that you will have in this image. Truly experience this image as if you are there.
8. When you feel like you are ready to end this session, simply imagine yourself going back up from 1 to 10. With each number imagine yourself refreshed, more powerful and re-energized. Better mentally, physically and emotionally.

Do this daily, at least once but preferably twice per day. Do this at least 21 days in a row and you will create permanent changes for yourself.

Life is a continual choice of decisions. Which one will you make today to become... A Better You?

Tim and Marian Mills

Hypnotherapists, Psychotherapists and Counsellors

Chi Kung

If you visited the Harmony Centre in the summer you may have seen us outside under the trees flying as White Cranes or Standing Like Trees while the cows stared at us inquisitively over the gate. Now that it is winter, we Chi Kung practitioners practise the art and science of energy cultivation in the warm confines of the Harmony Room, although we still have views over the fields.



Our classes suit people of all ages and levels of fitness. Our shared aim is health and happiness through bodywork that addresses physical, mental and emotional transformation. The ancient Taoists knew a thing or two about increasing longevity and enhancing sensitivity to, and control of, 'chi'.

Our classes run on Monday evenings 6.15- 7.45pm and Thursdays 1.00 - 2.30pm. The illustration shows a recent Sunday workshop based on the traditional Shamanic origins of Chi Kung-the Five Animal Frolics --this is "bear".

Cindy Engel teaches Chi Kung

Living Harmony: A unique experience

My study on the Living Harmony course is nearing its end and I would highly recommend it to anyone for self development and healing. These are a few of my experiences.

I studied Feng Shui and practised energising the flow and quality of chi in my house. Learning about sacred space enabled me to create areas more conducive to healing of the mind, body and spirit, at home and at work. I also experienced fascinating insights into people's characters and motivation through working with 9 Star Ki.

The subtle anatomy and physiology teaching made me wish I had been able to access this information earlier in my children's life. I worked on re-patterning water and changing the effect it has on your body. The skills of dowsing and Kinesiology guided me to healing interventions and identifying the stressors affecting other people's health. Virus clearance and emotional stress release formed the basis of one module and in another I had guided communication

with nature spirits.

This course has altered my view of the world such that I see it again with almost as much love and joy as I did when I was a child.

The amount of self-healing has been phenomenal and I now know that I can achieve my intentions. By learning to let go of past experiences I have moved forward in many rewarding ways.

Compassion and intuition and speaking to your body before disease manifests in the physical were other topics which reminded me that, if your commitment is total, the universe will help you. The teaching on nutrition has influenced me to eat healthily not just for a short time but as a life commitment.

Energetic healing manifests in the physical; physical healing can't be completed without healing at all levels.

Amanda Daniel

The second Living Harmony Course at The Harmony Centre finishes in April and a new intake starts in May 2006.

Contact Viviane on 0208 958 1740

The power of touch

Whilst most of us agree that touch is a sensation that is desirable, it usually gets relegated to the 'luxury' segment of our needs and wants list. The importance of touch, may, however be greater than we think.

If you have ever witnessed the birth of an animal you will have noticed that the first thing the proud mother does to her newborn is to lick them. They don't just give one or two licks to clear the birth residues away, they lick a lot and they lick often. In fact, if they don't lick their offspring there is little chance of their babies surviving. The constant licking works as a kind of reflexology to stimulate internal organs through the skin.

Before rushing into the birthing suite and licking all the newborns, know that due to the relatively long birth time of humans (as compared to other mammals) the passage through the birth canal serves the same purpose as licking.

So what about children who are born by Caesarean section? Today constituting up to 35% of births in most 'modern hospitals', these babies are plucked right out of the abdominal cavity and therefore lack

the advantage of hours of friction and pressure that their vaginal birth brothers and sisters get. Many authors have stated the babies born by C-section lack the necessary stimulation needed for optimal physical and emotional health.

Ashley Montagu in his book 'Touching' discusses the increased health problems Caesarean babies may have. The Journal of Allergy and Clinical Immunology (April 2001) reported that children born by C-section are three times more likely to develop asthma than children born vaginally. A study in the Journal of Allergy and Clinical Immunology (August 2003) also found that Caesarean section might increase the infant's risk of developing a food allergy.

So, apart from ensuring that any babies born by C-section get a thorough massage as soon after birth as possible, remember the power of touch and use it as often as you can. We are never too old to give or receive it.

Paul Parolin Chiropractor and Cranio-Sacral Therapist

Treating like with like

Homoeopathy has been around since the time of the ancient Greeks. However, it was a German Doctor, Samuel Hahneman, who formulated it into a system of medicine, just over 200 years ago. It is an effective and scientific system of medicine, which works by stimulating the body to heal itself.

Unlike allopathic (conventional) medicine, which uses opposites to suppress or relieve symptoms, homoeopathy use similars in order to go along with the body's own natural desire to heal itself. For example, in the case of insomnia, conventionally you will be given a drug to induce artificial sleep.

Homoeopathically, you will be given a very small amount of a remedy, which in a large dose can itself cause insomnia, for instance, caffeine. When the picture remedy is matched with the symptoms this causes the body to heal itself of the insomnia. The remedies cause no side effects and are non addictive, unlike many conventional medicines.

However there are times when conventional medicines are necessary and stopping them is usually done in consultation with your G.P. Usually as healing takes place, many of the drugs can be phased out. By using homoeopathy and encouraging healing from the inside, the causes of illness and dis-ease are also dealt with and not just the symptoms.

Diet and lifestyle are often discussed at the consultation, with nutritional and dietary advice if appropriate. You can use homoeopathy to treat yourself in first aid/acute situations such as insect bites, sun burn, bruises etc.

However, for more complex problems or chronic disease it will be necessary for you to consult your Homoeopath.

Consultations usually take up to 1 1/2 hours for the initial consultation and up to 1 hour thereafter, giving you an opportunity to discuss your health problems in a relaxed environment. Homoeopathy embraces your individuality and treats accordingly.

Linda Cartwright has a regular clinic at The Harmony Centre.

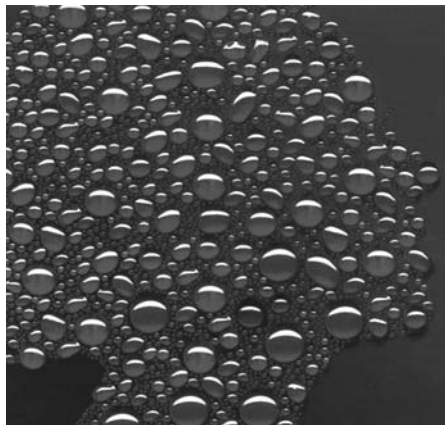
A gentle body cleanse

The time of the Equinox, in spring and autumn, is the best time to detoxify and cleanse your body. The spring Equinox falls on Monday 20th March this year. It is a time when there is a huge shift in our planet's energy and this is when toxins may be released from the body, often creating tiredness. Check how you feel on this day.

It is best for us to work with the nature's natural rhythms and so the Equinox provides the ideal opportunity to detoxify the body, or give it a spring clean. Here are a few straightforward techniques that you can try that do not necessarily involve fasting. It is advisable to begin these techniques for a week or more before 20th March and continue for a week afterwards....longer if you feel like it!

1 Water

Drink 4 pints per day at body temperature or warmer.



Do not drink more than 2 pints an hour.

Do not drink less than ½ hour before eating to 2 hours after eating.

It's good to drink ½ hr before eating
Drink 1 pint (of the above) on rising and 1 pint early evening (well after eating).

2 Hydration for the colon

Eat organic short grain brown rice, and chew well.

Make linseed tea and drink daily.

3 Improve your routes of elimination

A. Body brushing (bristle brush working from extremes towards heart).

B. Hot then cold shower (or bath and finish by pouring cold water over your body).

4 Diet

Avoid caffeine and alcohol, sugar, flour products, red meat and processed food.

Eat plenty of vegetables, particularly greens; organic is best.

Eat less root vegetables for the moment.

Go gluten-free:

Eat: rice, millet, maize, quinoa, congee

Avoid: wheat, rye, oats, barley

Try food combining where possible.

Trish Dent

Macrobiotic Shiatsu practitioner, is currently studying Natural Nutrition and is looking for women with polycystic ovary condition or endometriosis to participate in case studies.

Contact Trish on 01728 668450

Dewdrops

Amidst the budding Spring,
The Bluebirds sing,
In unison to Time -
Illusion's rhyme:
I stand as one in utter nakedness,
Tall amongst the lengthening grasses;
Flowing with a child's naturalness,
The Eye catching the Light as it passes
Through a thousand Dewdrops -
The colours changing in the morning air
Captured with care -
As if it has travelled a million Years
In Space, to reflect through Nature's Tears
The Joy at Earth's Creation -
Or illusion?
For still the Mind seeks Destiny's
Conclusion.

David R Gillett

Taken from *Life's Experiences*, a book of poems by David Gillett.

Available, price £3 from The Harmony Centre

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Organic

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info@theharmonycentre.com Please also visit www.theharmonycentre.com



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The perfect setting for healing, learning and development

FREE! THURSDAY EVENING TALKS & DEMONSTRATIONS

All welcome - every Thursday evening 7.30 - 9.45 pm
There is no charge but donations for refreshments are appreciated

March 9th: "Appreciate the Impact of the Environment on your Health and Wellbeing - and feel at ease with living in the 21st Century". Val Bullen and Viviane Fingerhut are Living Harmony practitioners and lead the Diploma in Living Harmony course at this centre

March 16th: "Nuad Bo Rarn" A Flavour of the Healing Massage System of Thailand"
with Anna Coleman-Wilson

March 23rd: "Clearing Thought Forms and other Energy Patterns that hold you Back" a practical introduction to David Eastoe's unique work with "Petalone Plant Ally" with David Eastoe

March 30th: "An Experiential evening of Meditation and Native American Wisdom and Ceremony"
with Celeste Waldo and Quentin Brown

April 6th: "A participatory Astrology Session exploring the energies of the tool and ego planets, and those of the transpersonals: Uranus, Neptune. with Val Burnham, Huber Astrologer

Post Easter events are to be confirmed but include the following:

May 4th: Welcome in the summer with Beltane. Sing and make music with Caroline McCausland

May 11th: Investigating your nutritional needs using blood analysis, with Rosie Anderson

May 18th: Nourish your heart fire. An oriental perspective on this summertime organ with Trish Dent and Johanna Murray

May 25th: Rudolf Steiner and how his ideas are working in today's world, with Lynne Daniels

June 15th: Colour Workshop with Gabriel Lange

July 6th: Shamanic journey with Rosie McKenzie

Indian travels and healing with Christine Johnson (Date to be confirmed)

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Johanna Murray 01728 668326

Kirsten Lane 01379 388365

Living Harmony Diploma course

Viviane Fingerhut 0208 958 1740

20% Discount Voucher

This voucher entitles the bearer to a 20% discount off their first treatment with one of the following practitioners at the Harmony Centre:

Paul Parolin
Frances Arnold
Alice Eastaugh
Linda Cartwright
Tim Mills
Marian Mills
Trish Dent

Only valid for single use.
Offer expires 30 June 2006
Please bring this voucher to your treatment.

Forthcoming Workshops and Courses

Shamanic Weekend Workshops

25th - 26th March, 20th - 21st May, 24th - 25th June
with Michael Bromley

A series of weekend workshops exploring shamanism.
Each weekend may be taken on its own.
Contact Michael Bromley tel: 01986 785215

Tibetan Singing Bowls Workshop

Saturday 18th March 10.30 am - 4.30 pm
with Neil Gulliver

A day of magic and sonic healing. Sounds amazing!
Sharing knowledge and experience in the use, care and
maintenance of Tibetan Singing Bowls as an aid to med-
itation, chanting, healing and space clearing. We may
also include some simple voice work. No musical
experience necessary. Contact Neil on 01473 254329



Living Harmony Diploma Course

8 - 10th April, 5 - 8th May, 10 - 11th June, 15 - 16th July (more dates to be arranged)
with Viviane Fingerhut and Val Bullen

A modular diploma course, initially devised with David Gillett and Jacqui Beacon. Learn how to become sensitive to
energies in the world around us and how to balance and work with these energies. See article for more details.
To find out more tel: 0208 958 1740 email: vfingerhut@tiscali.co.uk

Gaia Healing Foundation Workshop

22nd - 23rd April 10am to 5pm daily
with Celeste Waldo

Energy attunement into the very powerful Gaia healing ray. Learn about subtle anatomy, how to sense and clear
energy blockages, develop and enhance your own healing abilities
Tel: Celeste on 01379 678225 email celestialangel@onetel.com

The Real Da Vinci Code

Saturday 29th April 10.30am - 4.30 pm
with Neal Sutton

The real lives of Jesus Christ & Mary Magdalene; the truth behind the building of the pyramids and the Sphinx; the
role of Moses and those 'tablets of stone'; why were The Knights Templar digging under the site of Solomon's
Temple? What did 'Da Vinci' really know? Just who were The Priory of Sion and why were they formed? Are there
really UFOs in Peru and why?
All this and much, much more.

Contact Neal Sutton, tel: 01502 741012 email: neal.sutton@bopenworld.com

Gaia Foundation Workshop

17th - 18th June 10 am - 5 pm daily
with Celeste Waldo

Energy attunement into the very powerful Gaia healing ray. Learn about subtle anatomy, how to sense and clear
energy blockages, develop and enhance your own healing abilities.
Tel: Celeste on 01379 678225 email celestialangel@onetel.com

Brain Gym Training

(dates to be arranged) with Mark Church

An accredited 4-day foundation training course for teachers and others interested in learning the Brain Gym bal-
ances and also for personal self development. Brain Gym helps with learning difficulties, such as dyspraxia and
dyslexia, and can also help relieve stress.

Contact Mark on 01502 722144. email: cornfields@freeuk.com

The Harmony Room, Barn Room and other facilities are available for hire at weekends, evenings
and on some weekdays. Please contact us for details.