

Harmony Centre News

The perfect setting for healing, learning and development

Spring 2008
No. 6

With the New Year come some positive changes at the Harmony Centre. One most welcome development is that we now have receptionist cover full time at the centre, from Monday to Friday. Generally, our reception will be manned from 9am to 1pm and 2pm to 6pm, five full days a week. If you call, someone will be there to help with your query. Also, if you would like to drop into the centre, it is open to welcome visitors. Our receptionists Lucietta, Tricia, Val and Janet are there to help with your queries.

The centre has had a couple of additions to practitioners, see below for what sounds like some exciting new work on offer. The Harmony Room continues to host classes, meetings, workshops and courses. It is a spacious and inspiring room, so why not consider it for your next function. Finally, Thursday evening events are back! See the pull-out sheet inside for details of events up to Easter.

Wishing you health and happiness in 2008.



New light for ME and chronic fatigue

Kate Simpson and Steve Fawdry have recently joined the Harmony Centre. They specialise in teaching the Lightning Process which enables sufferers of ME and other chronic conditions to clear their symptoms completely.



Developed about seven years ago by Phil Parker, the Lightning Process combines aspects of neuro-linguistic programming, hypnotherapy and osteopathy. The patient learns how to use a powerful combination of physical and mind-based techniques to change neural pathways in their brain. This enables the immune system to reassert itself and their body to start clearing the symptoms in a matter of days. Total wellness is achievable no matter how debilitated the patient. Even bed-bound patients have recovered using these techniques. Recovery times can vary from a few days to several months. A few people have difficulties and require extra coaching but most get fully well.



They believe it is entirely reasonable to be sceptical about the Lightning Process as it clearly challenges current thinking that so many of these chronic conditions are incurable. They actively encourage people to find out as much as possible about the Process. You can get lots of information and recovery stories on their website (www.simpsonandfawdry.com) or talk to people who have used the Process themselves. Kate and Steve are also giving free half hour consultations at the Harmony Centre. If you want to have an informal chat on the phone or make an appointment at the Centre, contact them on 01728 831997.

The Lightning Process is unusual in that it is not a treatment or therapy. Rather than trying to manage or treat the symptoms, the Process requires the patient to apply themselves fully to a programme designed to get to the cause of the problem. Because it teaches us how to re-pattern the brain, it has been shown to be effective for many other chronic conditions as well as ME and chronic fatigue. Thousands of ME sufferers are now well, but also patients with depression, fibromyalgia, IBS and OCD are benefiting. A few MS patients are starting to try it as well and report improvements.

Kate had ME for nearly five years and used the Lightning Process to get well. She also used it to recover from depression and anxiety caused by childhood traumas. Steve used the Process to clear the fatigue he had since having glandular fever as a teenager, and then went on to use it to recover from hay fever and asthma too. So they decided to completely change careers, trained with Phil Parker and have been practising in clinics in Suffolk since last summer.

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Headaches, a pain in the neck

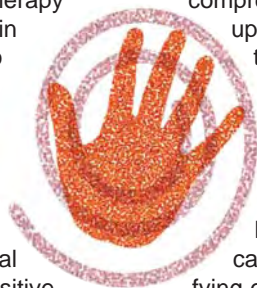
Because headaches are so common, many people believe getting a headache is a normal part of life. Headaches are a sign something is wrong. If you are one of the millions of headache sufferers in the UK then help is at hand. Due to the emergence of chiropractic and craniosacral therapy there are thousands of people in this country alone, who now no longer experience this sometimes debilitating condition.

A frequent and overlooked cause of headaches is misalignment or locking of spinal bones in the neck. When normal position or motion are lost, sensitive nerves and blood vessels to the head can be affected. The nerves and related tissues become stretched and irritated and can produce throbbing headaches. Drugs may cover up these warning signs, but do not correct the underlying cause.

A lot of neck problems arise from poor posture. Sitting for long hours in front of a screen be it computer, television or game console, especially if the screen is not directly in front, can create neck misalignments. Doing repetitive movements over long periods of time or even sleep-

ing with too many pillows are not good for our necks.

Accidents or injuries that lead to whiplash type movements of the neck can leave people with long-term problems. Many babies suffer due to the compressive forces place upon their



upper cervical vertebrae during the birth process. These forces can leave the baby with head pain which may be expressed as irritability, sleeplessness or feeding difficulties.

Mental and emotional stress can play its part also, by amplifying existing spinal segment dysfunction. Irritation to the nerves and soft tissues increases thereby pushing the body further into pain and suffering.

Chiropractic and craniosacral adjustments can help correct spinal joint dysfunction created by the various physical, chemical and emotional stresses in our lives. Many clients report fast relief. Others find that symptomatic relief can take a little longer.

Chiropractic is now recognised by the British Medical Association and each chiropractor must have a recognised

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

Shiatsu, Indian Head Massage, Myofascial Release

Trish Dent

Swedish Massage, Hopi Ear Candling, Indian Head Massage

Chloe Sadd

5-Element Acupuncture

Caroline Shepherdson

qualification, be registered and insured, as do craniosacral therapists.

Paul Parolin DC, CSTA

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The Year of the Rat

February the 7th 2008 sees the start of the Chinese New Year. It represents the biggest holiday celebration of the year for more than 25% of the world's population. The Rat is the first of 12 animals associated with the Chinese calendar. According to legend, the animals raced across a river to determine their order in the cycle. The rat crossed by riding on the back of the ox, jumping ahead at the last minute to win the race.



Those born during the Year of the Rat are said to be adaptable, clever, ambitious and industrious. During a crisis Rats come into their own because they are level headed and intuitive, but often

their energies can be scattered by their over ambitious tendencies. The Rat is a lover of money and hates waste.

Famous Rats, alive and dead, include: Antonio Banderas, Marlon Brando, Ursula Andress, Queen Elizabeth the

Queen Mother, Claude Monet, Doris Day, Hugh Grant, Prince Charles and Samuel L Jackson.

Rat years: 1924, 1936, 1948, 1960, 1972, 1984, 1996

The Rat (Shu) is ruler of the hours 11pm. - 1am. It's direction is North. It's season is Winter/December and its element is Water. Rats are compatible with the Ox, Dragon and Monkey but tend to have a turbulent relationship with the Horse.

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.

Hay fever and allergies, a homeopathic view

As we look forward to spring, warmer days and the awakening of plant-life around us, we may also be waiting for the awakening of hay fever and allergies relating to the very same plants! Hay fever is an allergic response to the pollen from trees, grasses and plants, particularly affecting the mucous membranes of our noses, eyes and air passages which then results in symptoms of runny noses, sore and itchy eyes and a general irritability from these! It may be that you are only allergic to specific pollens, for instance grass pollens cause most problem in the summer whilst pollens from trees tend to predominate in the spring.

So, hay fever begins when your body recognises specific pollens as a foreign body (an antigen) and activates the immune system to generate antibodies against this 'foreign body'. Mucous membranes in the nose and throat area also produce histamines to clear up this irritation and what results are typical hay fever symptoms.

Homeopathy views hay fever and other allergy-related conditions as a fundamental imbalance in the body's natural defence system with an over-sensitive immune function. There are several approaches to treatment. If hay fever is mild and short-term, an acute remedy



such as allium-cepa or euphrasia can help a streaming nose and itchy, watery eyes, or a mixed pollen remedy may help minimise hay fever symptoms in general. These remedies can be bought from chemists/health shops so you can treat yourself; there are many self-help homeopathic books to refer to. If the hay fever or allergy is more severe and chronic (long-lasting), a qualified Homeopath may recommend constitutional treatment to strengthen underlying imbalances and pollen sensitivity. Ideally, treatment needs to begin before the hay fever season starts. As a holistic therapy, homeopathy uses your individual symptoms to determine appropriate treatment.

Conventional treatments usually focus on anti-histamine tablets which can give temporary relief, albeit often with side

effects of drowsiness but they do not address the causation. Homeopathic remedies can be safely used with or in place of conventional medicines and may even improve their effectiveness!

Registered Homeopath Karen Preece LHCEA RSHom has a clinic at The Harmony Centre. Free 15-minute consultations are available and an acute drop-in clinic runs on alternate Monday mornings.

Be a master of your mind, not mastered by it

The Taoists and Buddhists of ancient China discovered that they could achieve personal transformation in a balanced way by using the mind and body together. Whereas sitting meditation left them with physical ills and physical training alone left them spiritually barren, they found that working the body and mind in one unified practise enabled physical, mental, emotional and spiritual aspects of self to integrate.

Over thousands of years their practises have evolved into a practise called chi kung (Qigong).

Weekly classes and workshops at the Harmony Centre.
Cindy Engel 01986 873997.

Benefiting from group work

Stress, anxiety and panic attacks can make life feel unbearable. Whether you suffer from irritability, poor concentration, constant fatigue, poor sleep or generally feel unsafe in the world, you can now benefit from EFT (emotional freedom techniques).

Borrowing Benefits Groups will be run at The Harmony Centre starting in February. Borrowing Benefits simply means using EFT in a group; we are all able to benefit from the healing that happens. Basically what we do is to identify some stress factors, anxious thoughts or memories, then all do EFT together.

EFT involves some simple tapping using your fingers on meridian points on the face and body. Even whilst focusing on someone else's problems, you are drawing your own parallel to their experience, and thus getting benefit from the tapping

Workshops & courses

Introduction to Shiatsu Saturday 8th March 2008

A one-day workshop, introducing participants to the joys of giving and receiving Shiatsu. You will learn how to give subtle healing touch, using straightforward hand and finger pressure and begin to appreciate how to connect and work with the subtle energies that flow through the body and beyond.

This is a form of massage where you keep your clothes on and you may work either on a futon or on a massage table.

Suitable for both beginners and experienced therapists.

Phone Trish Dent on 01986 780939 for more details or email gardentrish@btinternet.com

Diploma in Hypnotherapy, Psychotherapy & Counselling Skills Beginning 16-17 February 2008

A few places are available on this accredited course. For further details, see our website www.thestillpoint.co.uk or contact Tim or Marian on 01502 722538.

as well.

*You won't be asked to share any details about yourself that you don't wish to.

*You don't even have to have heard of EFT before - it is simple to learn.

*Groups will be kept to a maximum of 6 people.

*It costs less than one to one therapy

*Evening and daytime groups will be available subject to demand.

If you just want to come and see what it's all about, please join me for a session. You may be surprised at what you can achieve. Call me if you're still not sure and I'll run through a quick demonstration of how EFT can work for you over the phone.

Only £20 for a 2-hour session

Contact Marian Mills on 01502 722538 or email marian@thestillpoint.co.uk

Stressless pain relief

When details about a course in myofascial release technique dropped through my letterbox last year, I knew little about this fascinating technique but, gripped by one of those intuitive moments, I felt that it was important and enrolled on the course. Now I find that I am connecting with the body at a different level that facilitates the unwinding and release of deeply held tensions and tightnesses. It is a technique that combines well with a Shiatsu treatment, or it may be used as a therapy on its own.

Fascia is one continuous layer of thin



but strong connective tissue spreading from head to toe, but in three dimensions. It surrounds, infuses and protects every other tissue, tendon, muscle, bone, ligament and organ of the body and is closely integrated with all structures in our body, all the way down to a cellular level. Fascia supports and protects blood vessels, bones, muscles, organs and nerves. Following physical and emotional trauma and through poor posture, fascia scars and hardens in the affected site and along the tension lines imposed on it. This causes the fascial network to lose its cushioning mechanism and internal structures become pulled out of alignment, creating pain and dysfunction.

Myofascial release is a very gentle technique, where a part of the body is held by the practitioner. A gentle, unforced pressure promotes 'unwinding' of the fascia that may occur at a deceptively deep level. As the fascia connects all the structures in the body, the effects of this technique may be felt on a musculo-skeletal level, easing chronic pain, neck

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

and back pain, headaches, jaw problems, frozen shoulder and inflammation, or may go deeper to address, for example, IBS or menstrual discomfort.

For my own part, about a week after completing the course I realized that a deep tightness and restriction that I had been experiencing on the right side of my pelvis for some years and had been working on with massage and exercises had disappeared. Just coincidence? I think it was more.

Trish Dent

Half-hour myofascial release treatments are now available. Phone the centre to book an appointment.

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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

Arranged and sponsored by
Woolnoughs Funeral Services
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The Harmony Centre, Walpole, Halesworth IP19 9BB

www.theharmonycentre.com

The Harmony Centre

The perfect setting for healing, learning and development

Thursday Evenings - Spring 2008

All welcome - from 7.30 to 10.00 pm

There is no charge but donations for refreshments are appreciated

31st January Imbolc - celebrate the coming of Spring!

Please bring a candle with holder, poem or a song and an intention for the coming year.
Please arrive at 7.15 PM to allow a prompt start.

Kaaren Whitney

7th February Chinese New Year - Year of the Rat

Explore the Chinese horoscope for the year ahead and review the old Year of the Boar.

Johanna Murray, TCM practitioner

14th February Valentine's Day

A look at refreshing love and relationships.

Barbara Marsh, Louise Hay practitioner

21st February A new look at Allergies

A timely, pre-seasonal forum chaired by Leonora Van Gils who has an interesting new approach:
Dr. Nambudripad's Allergy Elimination Technique.

28th February Gate of Hope (Liver 14)

Explore your 'Wood' - the Chinese element of Spring - and unleash the energies of your Liver organ which expresses it. Experiential evening with
Caroline Shepherdson, 5 Element Acupuncturist.

6th March Do you know your Drivers? What motivates you?

We often have unconscious negative emotions which never satisfy. An experiential evening, both serious and funny. Val Burnham, TA practitioner

13th March "From the stillness of Winter comes Spring; from the stillness within ... we spring"

Meditation and it's benefits with Brian Cohen, TM teacher of 13 years

Easter break! The Summer listing will be posted shortly by hard copy,
E Mail (by request) and on the HC website.

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Positive thinking, positive birth experience



A few months ago I had no intention of being present at the birth of my second child. The whole business of childbirth, I wrote, was messy, alarming, puts men off sex and was not something that I wished to witness again. And what use would a husband be in the delivery suite anyway? Well, that noise you can hear is the sound of a man earnestly munching his way through a giant-sized portion of humble pie, because my wife Sasha has just given birth to a perfect baby girl - and I was there.

HypnoBirthing says that in many non-Western cultures giving birth is not

something that is feared and, because it is generally assumed that everything will turn out OK, women are a lot more relaxed and give birth more easily. But in our society, women have learned to fear birth.

As a result of that fear, when the time comes to give birth, there is a flood of adrenaline coursing around the body of the mother, and the whole affair becomes incredibly fraught. Techniques like self-hypnosis and guided meditation aim to reduce this fear, and affirmations serve to reprogram the mind.

In essence, HypnoBirthing says that instead of thinking about all the stuff that might go wrong, why not see it all going right?

We had signed into the hospital at 12:15am and baby Eleanor was born 1 hour and 19 minutes later.

Being wrong rarely feels this good.

by Tom Sykes

From The Daily Mail
(30th November 2007)

For more details of HypnoBirthing in North Suffolk contact Marian Mills 01502 722538 / 07919 990731 marian@enjoy-birth.co.uk www.enjoybirth.co.uk

Messages from water

Many of you will have heard already about the book entitled *The Hidden Messages in Water* by Japanese scientist Masaru Emoto. I feel that his message is always worth remembering; for those of you who have not heard of it, read on too!

It was while Emoto was researching the quality of bottled and tap water - by viewing the shape of the crystals it formed when frozen - that it dawned upon him that perhaps the water and hence the shape of the crystals were being affected by what was happening around them. Not merely pollution or contamination on a physical level, such as the addition of chlorine, but perhaps on a vibrational level, ie through people's thoughts.

A series of experiments ensued. He put water into two glass bottles and labelled one with "thank you" and the other with "you fool". The bottle of thank you water produced beautiful hexagonal crystals; the one of you fool resulted in fragments of crystals.

The information we give to water changes its quality.

Masaru Emoto's books present the story of his discoveries and are filled with photographs of these exquisite crystals. Much of the living matter that surrounds us is made up largely of water; indeed,



the human body is 70% water. From Emoto's work, what then follows is that we can influence our surroundings, either for better or for the worse, depending on what we think. These discoveries begin to shed light on the more spiritual aspects of life, for example the positive power of prayer.

So, next time you sit down to eat a meal, or even an apple, ask yourself the following question: "How many people have handled this food and have had an influence on its energetic quality?" Perhaps now it makes sense to bless food before eating, in order to clear it of negative energy and replace it with the positive. And to buy locally and thoughtfully.

Miso Soup

So many people have asked for this recipe, here is my version. For winter recipes, I prefer a dark miso such as genmai (made from rice). In summer, for a lighter, less salty flavour, try white miso (light brown in colour and made from rice and soy beans). Go carefully when adding in the miso, you may need less depending on the type that you buy. Shiitake mushrooms are an optional extra. They help to boost the immune system.

You will need:

Onions

Carrots

Wakame seaweed

Shiitake mushrooms

Spring greens (or celery or other green veg)

Fresh ginger

Miso

Tofu is an optional extra

Spring onions to serve

If using dried Shiitake mushrooms, rinse then soak 1 shiitake mushroom per person in a little boiling water for 20 minutes to soften. Put 1 cup of water per person in a saucepan (you may use water that you have previously used for boiling or steaming vegetables). Add to this finely sliced onion, sliced or matchsticks of carrots. If using tofu, finely cube and add to the pot also. Place on the heat. Meanwhile, rinse a strip of wakame seaweed (about 1 - 2 inches per person is sufficient), then cut into small pieces with scissors and add to the pot. Finely slice and add mushrooms and soaking liquid. Add any other vegetables that you wish to include (save green veggies until a few minutes before the end). Simmer for about 5-10 minutes, until carrots are tender. Finely grate a small piece of ginger into the pot and turn off heat. Mix 1 teaspoon of miso per person with a little of the liquid from the pot, then mix this into the pot.

Do not bring back to boiling after adding the miso as this will destroy the natural enzymes it contains.

Serve in bowls, with a finely sliced spring onions to garnish.

Enjoy!

Great for breakfast, lunch or dinner. Tofu makes this a more substantial dish. You may wish to place some cooked brown rice in the bottom of the bowl before adding the soup, or serve with bread or rice cakes. Miso is particularly rich in B vitamins.

Trish Dent
Shiatsu Practitioner