



Healing at hand

January 2009

Issue 1 -
SUMMER



Welcome ...

I'm excited to announce a new venture - a bimonthly health e-newsletter. The aim is to get more information, featuring articles on health, healing and healthy living, across and to know that healing is truly at hand. There are so many avenues of accessing information that may be helpful to assist us with existing difficulties with our health, as well as *maintaining* a healthy mind, body and spirit. These three realms are interlinked with one another. Thus, what affects us on one level, will also affect us on the other levels. That is why it is imperative to view good health as a complete package incorporating the body, mind and spirit.

Good health is a priceless gift. One should not take it for granted. A little bit of extra care will help one to maintain a good sense of general well-being.

Summer's here! Unfortunately for many of us it also becomes a time for overindulgence, sunburn, late nights, etc. By observing a few simple health rules, one can prevent having an overworked liver, a compromised immune system and a dehydrated body -- while still enjoying a fantastic summer with happy holidays.

Readers are welcome to e-mail me their comments or interesting information regarding health and healing.

Be well,

Rashidah Hargey



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**"Close both eyes,
to see with the
other eye."**

-Sufi Poet, Rumi

Dry Summer = Dry Eyes

Has the dry, windy weather left you with eyes that feel scratchy, burning and irritated? Although dry eye syndrome is generally the result of hormonal changes, or ageing, exposure to smoking, wind, dust, allergy-causing substances and a dry climate can worsen the symptoms.

Take action:

Try an over-the-counter artificial tear solution to treat symptoms - these drops can be used as often as necessary, as they are just a lubricant and have no side effects; don't use ordinary eye drops for reducing redness as some can cause dry eyes; wear glasses on windy days; avoid smoke; and give your eyes a rest by closing them regularly, or take frequent breaks from reading or working at your computer.

- Courtesy of Health24.com

COMIC RELIEF ...



A wealthy customer bought a very expensive Italian sports car, and after a week he brought it back to the agent, looking very unhappy.

"What's the problem?" asked the dealer.

"The car makes an annoying humming noise," said the owner. The dealer took it for a run but found no fault.

"When you do hear this humming noise?" he asked, puzzled.

It happens whenever I faster than 250km/h", said the customer.

"Good grief!" said the dealer; "that's not a humming noise; that's the Heavenly Choir tuning up to welcome you!"

What a Therapist Really Does

Abraham: Whether you are healing yourself or you are wanting to influence the healing, the first thing to recognize is that the sickness or cellular imbalance has already caused a request for energy. The cells themselves know what they want to stay in balance.

So when you see someone who is sick and as a therapist you want to assist them, the first thing that you want to understand is that they're already doing Step 1, because their sickness is causing them to ask in a more powerful than ever way. And even if the conscious thinking human was not saying, "I'm sick, I want to be well", the cells of his body are asking and the asking is already well underway and flow is already going regarding this individual.

Step 2 is already taking place: the asking and the answering have already taken place. So what you are as a therapist, is a facilitator in helping them to relax and allow what they've already asked for and allow Source's answering to occur.

Sometimes therapists see themselves as needing to goose up the

flow and we say that more flow in the light of resistance is counterproductive in every situation. That would be like watering your flowers with the fire hose. There are therapists, as they approach people who are out of balance, who actually believe that if they can harness this Source Energy and focus it towards this vessel that is in need of healing that that is the answer and we say that this is utterly counter productive. Since all of the healing power that that person could ever want, need or endure, is already being summoned by these delicate cells and answered by Source, who understands the intimacy of your physical apparatus.

So a therapist helps by preparing the physical vessel for the receiving of the energy and to see the vessel as not broken.

- **Esther Hicks and Abraham**

www.abraham-hicks.com



T'AI CHI - Meditation in Motion



There are many meditation practices and they do not always involve going into a trance or even keeping still - indeed, the practice of Qigong and T'ai Chi involve developing a meditative state while standing or sitting in a static posture or even while in motion! Breathing is all important and harmonizes the flow of Chi (life force energy). Tai Chi is a powerful healing art which allows the body to relax and the mind to focus. The movements create an internal massage encouraging the body and the mind to heal itself. Tai Chi is also known as stillness in motion. It has been part of the Chinese culture for more than 800 years and is the most practiced martial art in the world today.

T'ai Chi is the famous Chinese martial arts of international style. It consists of fluid, gentle and graceful circular movements, relaxed and slow in tempo. The breathing is deepened and slowed, aiding visual and mental concentration, relaxing the body and allowing the life force (called 'Chi' in Chinese) to flow unimpeded throughout the body.

There are 4 major styles of T'ai Chi, namely Chen, Yang, Wu and Sun. Chen style is more vigorous and martial art orientated; Yang style is gentle and graceful; Wu style is lively; and Sun style contains much Qigong practice for relaxation. Chen is the oldest, and Yang is the most popular. According to legend, it was the fight between a bird and a snake that inspired a Taoist monk to develop this martial art along the principles of yin and yang, the interplay between the dark feminine and the light male elements in the universe. In the West emphasis tends to be on the exercises rather than the philosophy, and studies have shown improvement in muscle movement, breathing and reduction of stress through this practice.

From a health aspect, the practice of T'ai chi has indeed many benefits, more so for the elderly. Whereas T'ai Chi was originally devised as a martial arts (a defence against any enemy), for the elderly it can prove to be an enormous help against falling -- one of the major challenges of becoming old, frail with frequent loss of balance. It is a well-known fact that the consequence of an elderly person falling can have serious repercussion such as a broken pelvis, etc. According to a report in the *Journal of the American Geriatrics Society*, senior citizens who practice the graceful oriental art of T'ai Chi could be at less risk of falling and not being able to get up, even if they normally rely on walkers and similar devices to get around. The researchers, led by Dr Steven L Wolf of Emory University School of Medicine in Atlanta, randomly assigned more than 300 adults, in their 70s, 80s, and 90s to T'ai Chi classes for almost a year. More than half of the T'ai Chi students had no falls in that time, compared with less than 40 percent in the other group. While the results were called "substantive", rather than statistically significant, they seem to back up claims that T'ai Chi can build strength, balance, and flexibility, even in the most elderly of participants. The study warns, however, that senior citizens with osteoarthritis and similar medical conditions should exercise extra caution when signing up for a class.

T'ai Chi health benefits include:

- The regular practice will improve mental relaxation and ability to concentrate.
- Physical health will also improve through strengthening all the body systems, particularly the cardio-vascular, respiratory, digestive and skeleto-muscular systems, accelerating healing and impart longevity.
- It is beneficial for high cholesterol, arthritis, diabetes, rheumatism, hypertension, anemia, insomnia and digestion.



DEALING WITH DEPRESSION

Most of us enjoy the present festive time as a happy period of joy, delighting in the presence of family and friends, getting out, happy holidays and being lighthearted. Unfortunately, this is not the case with everyone. There are some of us out there (especially who are in their late 30s to early 50s) for whom these times hold deep gloom and doom, a time of loneliness, thinking of loved ones who are no longer in their midst. It actually becomes a time of grief for them. They start withdrawing from society, even near and dear ones. The quality of life decreases. Depression sets in - complicating things even more.

However, it is not only loss of loved ones to may lead to depression. Stress levels are escalating in our modern-day society. And our inability to cope well may very well lead to depression too. When stress is positive, we are productive, creative, communicative, enthusiastic and healthy. As soon as we pass the level of optimum performance, we slide into the negative stress phase of low performance, productivity and creativity, poor interpersonal relationships and stress-related illnesses and even burnout. Depression is the mental health condition mostly associated with long-term stress. High levels of cortisol and a serotonin-cortisol dysfunction, found in chronic stress, play a part in depression.

Symptoms and signs of negative stress and depression are: nightmares, forgetfulness, fatigue, irritability, deep unhappiness, apathy, poor concentration, social isolation, increased or decreased appetite, increased intake of tea/coffee, tranquilizers and anti-depressants, and increased feelings of aggression.

The good news is that help is at hand. There are various natural healing strategies that one could partake in. A combination of several of them would obviously be greatly beneficial. Some natural healing strategies are:

- **Diet** - eat fibre and plant-rich foods, e.g. Fruits, vegetables, grains, seeds, beans and nuts everyday. Avoid caffeine, alcohol, nicotine and other stimulants. Drink 8-10 glasses of Water a day. Herbal teas are also beneficial. Specific ones are Lavender, Chamomile, Valerian, Passionflower and Hops.
- **Positive Thinking** - develop a positive mindset using visualizations techniques, positive affirmations, group/individual psychotherapy, spiritual guidance, self-knowledge and acceptance through journaling, reflection and meditation. Don't be afraid if painful emotions or traumatic memories rise due to consciousness. Observe them, write them down, reflect upon them, and talk to a spiritual adviser or a friend.
- **Colour Therapy** - if you feel depressed, focus on the flame colours of fire, creativity and life energy: red, orange and yellow. Wear a flame-coloured scarf, throw of piece of cloth over a couch and sit on it. Enfold yourself with healing colour. If you feel panicky and anxious, look at the calm colours: green, turquoise, blue, indigo, violet and purple. Spend time in nature - absorb the restorative powers of nature's colours and textures.
- **Flower Remedies** - Keep flower remedies such as Aspen, Impatiens, Larch, Sclerantus and Star of Bethlehem at hand for anxiety and panic, but not for depression.
- **Music for the Soul** - listen to music that helps you unlock the door to your soul to help you express your emotions, joyful or sad. Listen to flowing water and nature sounds. Visualize how you flow *with*; rather than *against* the life current. Tune into your senses and experience the positive energy of your environment.
- **Aromatherapy Oils** - Use aromatherapy oils such as Chamomile, Lavender, Lemon, Ylang ylang and Thyme in a burner, in your bath or as massage oil. These oils will help you relax, appreciate your senses and lighten your mood.
- **Exercise** - regular exercise such as dancing, swimming, walking and yoga allow the release of 'feel-good' hormones such as serotonin. Start with only 5 minutes of walking in your garden or neighbourhood. Research has shown exercise to one of the most effective treatment for depression. Listen to soul music while moving your body - try Nia Technique for an excellent body-mind fusion experience.
- **Alternative therapies** - try from a vast range of alternative healing therapies: Homeopathy, Reflexology, Reiki, Quantum Touch, Bowen Technique, Cranio-Sacral, Laughter therapy etc. Healing takes place on all levels, physical, emotional, mental and spiritual. It restores balance and assists the hormonal system.
- **Meditation** - meditation is a safe and simple way to balance a person's physical, emotional and mental states. Through breathing techniques and deep relaxation, mediation helps to clear the mind and help you gain access to your higher self.
- **Prayer** - prayer has been acknowledged as a positive factor affecting the outcome of operations. A study investigating patients undergoing major surgery found that patients who knew that people were praying for them made a faster recovery than those who did not have prayer support. This was independent of the religion to which they belonged.

Contact details:

**Rashidah
Hargey**

**Bowen Practice:
Theracare Health Centre
118 First Avenue
Rondebosch East 7780
(opp. Crawford Station)**

**Telephone:
(021) 696 5928 (o/h)**

Cellphone: 083 29 444 29

**Fax:
(021) 697 3253 (ask)**

**Website:
www.bowentherapy.co.za**

**E-mail:
info@bowentherapy.co.za
rashidah.hargey@gmail.com**



*Every body is better
with Bowen*



BOWEN CASE STUDY

Frequent spells of Vertigo and Menier's Disease

Mrs D, aged 62 years, complained about frequent spells of Vertigo. Menier's disease was diagnosed by her doctor. She also suffered from sinusitis & post nasal drip. Also, she experienced very painful legs at night when sleeping. After being treated with Bowen Technique for regular weekly sessions, and thereafter remaining on a once a month maintenance program, this is what she has to say: "Vertigo controlled my life, as I would get attacks at any moment without warning. Now it is under control. I can drive my car without any fear of sudden dizzy spells. I can also happily take care of my baby grandson without any anxiety that something might happen to me while I am taking care of him. It no longer takes me up to an hour to get up in the mornings, which used to be a very slow process. In the past, I would get dizzy while I am rising out of bed. This has improved tremendously - I have only experienced one dizzy spell last week - but then again I was under a lot of pressure that particular week. The sinuses have cleared up. Occasionally, they trouble when the lawn is being mowed, but even then, I don't need to take any medication. The throbbing leg pains, especially at night, are now a thing of the past!"

Disciplining for Peace Discipline for Peace

Be empowered and inspired with positive skills.

When children are resistant or go out of control, what positive skills can we use to get their co-operation? **Discipline for Peace** is a series of 4 workshops teaching positive discipline skills relevant to children of all ages.



NEXT WORKSHOPS:

Dates: Mondays 26th January, 2nd, 9th
and 16th February 2009

Time: 7:30 – 10:00 pm

TO BOOK:

Call Karen 021 6961946, or
sms 076 3035324

or email: karoy@mweb.co.za



Venue: 55 O'Okiep Rd, Rondebosch East

Cost: R920 per person (total), R1400 per couple

Counselling is also available

Time to Contemplate . . .

You don't stop laughing because you grow old;
you grow old because you stop laughing!



"Forgiveness does not change the past,
but it does enlarge the future."

- Paul Boese