



Healing at Hand

June 2010
Issue 19
Winter



Leucospermum cordifolium
– pincushion protea, South Africa

BOWTECH[®]
The Original Bowen Technique

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Turn your everyday actions
into acts of kindness.

Greetings ...

I know you are in a hurry and there is a lot that you need to get done, so I shall write this piece as quickly as possible? If you then skim-read it, you can get back to the rest of the day in no time. Look, see? We are about halfway through already. It is nearly over. Has it though, provided you much by way of a quality experience? Ah! Nor will life!- if you rush through it as if every second counts. Ease up, slow down. No matter what battle you must fight or problem you must conquer, you need to enjoy your life. Engage in it with full awareness and really *experience* it.

"The moving finger writes; and, having writ, moves on: Nor all thy piety nor wit shall lure it back to cancel half a line." *Dante Gabriel Rossetti*

Have a great month! Blessings and peace,

Rashidah

The ABC's of Comfort Eating

One of the best aspects of winter is comfort food, but for those of us who can't draw the line between a little treat and clearing out an entire box of Quality Streets, it's time to kick the habit.

A: What happens?

We often turn to food when we need to cope with emotional pain, stress or boredom, and there's a very good reason for this.

B: Why it happens?

Food, particularly the starchy variety, affects the brain's production of serotonin, which has a calming effect. Unfortunately, using food as a drug in this way invariably leads to excessive weight gain, causing even more emotional pain and stress. It's a vicious cycle.

C: What to do about it?

The key is to learn to deal with your emotions. Stresses will always be there, and turning to food doesn't relieve them. Instead of heading for the fridge as if in a trance, stop and ask yourself two questions: "What am I feeling?" and "What do I really need?" Then identify an appropriate, healthy response to your situation: take a walk, treat yourself to a movie, listen to music, read or call a friend.

And if you do give in, don't punish yourself by eating even more. Forgive yourself and start afresh the next day.

<http://www.women24.com>

COMIC RELIEF ...



There were three fathers to be in a hospital waiting room, waiting for their babies to be born. The first nurse comes out and tells the first father, "Congratulations you're the father of twins!" He says, "Great! I am the manager for the Minnesota Twins."

The second nurse comes out and tells the second father, "Congratulations you're the father of triplets!" He says, "That's cool! I work for 3M."

The third father opens the window and jumps out. The third nurse comes out, and asks, "Where's the third father?" One of the other fathers said, "Oh, he jumped out the window." The nurse asks, "Why?" He replied, "He works for Seven Up!"

How to make your home eco-friendly

Adopting an ecofriendly lifestyle in your home might seem daunting, but it all starts with the decision to become more environmentally aware – and simply flows from there.

Begin with a concept you feel comfortable with and explore the other principles over time. Consider the following tips:

Local is lekker

Decorate your home with locally-made items instead of imports and buy organic food from local shops. This helps create jobs while limiting transportation costs and pollution.

The simple life

Keep your home small; it will be easier to maintain and more cost-effective, and you'll find that with less space you become more creative. Buy good multifunctional furniture that can be used throughout the home.

Spare me

Start conserving energy by exchanging your normal light bulbs for energy-saving globes. Remember to switch off plugs and remove them from sockets when not in use. Grow a tree; this will help absorb air pollution and improve the quality of life, as well as being important for sustainable living.

'Reduce, reuse and recycle'

Let this become your mantra. Buy quality over quantity, make effective use of what's around you and buy items that can be recycled. All this helps reduce waste and the strain on the world's resources.

Seasonal change

Live your life according to the seasons. In summer try to eat more fresh, raw foods, saving the electricity you would use on cooking meals. Open the windows and let in fresh air instead of using air conditioners. In winter keep warm with layers of clothing and blankets instead of using heaters. Cooking with gas requires half the time in comparison to electric stoves.

Go green

Bring nature into your home with plants or flowers. They clean and perfume the air as well as providing splashes of natural colour. Take up gardening – as well as enriching the soil and helping plants, birds and insects to thrive, it can also provide fresh, organic produce for your table.

www.woman24.com

Things that heal us: Meditation

How does meditation help us? Here are some ways:

- Helps keep things in perspective
- Provides peace of mind, happiness
- Helps you discover your purpose- Increased self-actualization.
- Increased compassion
- Growing wisdom
- Deeper understanding of yourself and others
- Brings body, mind, spirit in harmony
- Deeper Level of spiritual relaxation
- Increased acceptance of oneself
- Helps learn forgiveness
- Changes attitude toward life
- Creates a deeper relationship with your God
- Attain enlightenment
- Greater inner-connectedness
- Helps living in the present moment
- Creates a widening, deepening capacity for love
- Discovery of the power and consciousness beyond the ego
- Experience an inner sense of "Assurance or Knowingness"- Experience a sense of "Oneness"
- Increases the synchronicity in your life



BRAIN GYM®

What is Brain Gym®?

Brain Gym is a series of easy, fun and quick activities to enhance whole brain learning for everybody, from ages 3 to 103

History

Dr Paul Dennison PhD, founder of Brain Gym, is a teacher who had many learning disabilities as a boy. He originally developed Brain Gym exercises to help children with study problem. Parents found the exercises assisted them to be calmer, focused, able to concentrate, and increased their co-ordination. The exercises were then applied to sport and in the workplace, with tremendous results

How does Brain Gym work?

The movements *"begin to re-educate the body to function in the midfield where the two cerebral hemispheres must work together. Students experience enhanced abilities in terms of visual and auditory perception and general motor co-ordination"*

Personalized Whole Brain Integration - Paul Dennison

The procedures have been found especially successful in the re-patterning of challenged learners who lack hemispheric integration which makes learning difficult or almost impossible.

Benefits to learners

- Learners are able to settle quickly into class or sport activities
- Learners are calmer and quieter, less stressed when learning something new
- Improved hearing and listening skills, imagination stimulated
- Hyperactivity is reduced
- Because learners are empowered, they are less likely to "play up"
- promotes excellent sports skills
- Stability, flexibility, co-ordination skills, concentration, focused, discipline, comprehension, alert, spatial and auditory perception, visual discrimination
- Self-esteem, creativeness, care of self and others, emotional stability, confidence

Benefits to teachers

- Done for themselves, teachers develop all the above attributes
- Teachers are able to get through the curriculum quicker
- BG, done straight after break, settles and calms the learners,
- "Switch on" gets the learners ready for something new
- Teachers become calmer, time to "breathe"

Benefits to the school

- Staff and children feel empowered
- Learners "want" to learn, "want" to come to school
- Teachers will have more time to expand on their subjects, because the learners are quieter, calmer and understand what they are being taught
- Happier children, staff and atmosphere

Benefits to parents

- Children look forward to going to school
- Homework is less stressful
- Children are calmer, able to concentrate and complete chores
- Parents are able to enjoy the progress of their children, with fewer concerns
- Extra time for family fun activities, because homework/study is completed

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Will you remember the tree because it has fallen, or will you remember its fragrance?

A ROAD MAP TO SELF-HEALING

Currently, many GP consultations are for minor ailments, which go against the Hippocratic purpose of medicine: To aid one's natural healing ability to cure disease. UK-based Mosaraf Ali, MD, whose list of patients includes the Prince of Wales and Geri Halliwell, has designed the integrated Health Lifestyle Programme, a five-point programme based on the Hippocratic Regimen Theory, to encourage all-round, integrated good health. Following it is easier than you may think:

1. Moderation and Diversity

Source enough (not too much or too little) of what you need from everything that agrees with you. Strive for balance, not extremes.

2. Diet

Implement a sensible eating plan that applies the principles of more and less.

Have more: water (2 – 2.5 litres daily), organic foods, lentils and pulses, cottage cheese, cumin, ginger, herbal teas, fresh juice and unsweetened yoghurt.

Have less: carbonated water, fried and fatty foods, coffee and sodas, cheese, yeast products such as bread, pizza bases and beer.

3. Exercise

Introduce regular exercise into your daily routine. Opt for more gentler but effective forms of exercise such as walking and yoga, and always rest afterwards to restore your energy levels.

4. Massage

Treat tired muscles, improve circulation and your overall healing processes through having regular therapeutic bodywork.

5. Rest and Meditation

Make rest and meditation a feature of your lifestyle and aim for eight hours of sleep each night.

Oprah Magazine, Feb 2007

12 Tips for BUSINESS

1. Spend some time alone.
2. Talk slowly but think quickly.
3. When you lose, don't lose the lesson.
4. In disagreement, fight fairly. No name-calling.
5. Don't let a little dispute injure a great friendship.
6. When you say "I am sorry", look the person in the eyes.
7. Give people more than they expect and do it cheerfully.
8. Don't believe all you hear, spend all you have or sleep all you want.
9. Remember that great love and great achievements involve great risk.
10. Smile when picking up the phone, the caller will hear it in your voice.
11. When you realize you've made a mistake, take immediate steps to correct it.
12. Never laugh at anyone's dreams. People, who don't have dreams, don't have much.

Extracted from an article by Dr Priyanka Arora

<http://www.nalanda.co.za/newsletters>

Kata-boxing basics

Kata boxing is a very popular form of working out, and classes are offered at many gyms. These suggestions may help you begin a kata-boxing regimen:

- Avoid working too hard and too long, beyond the point of fatigue;
- Avoid using weights when kicking or punching - this could injure your joints;
- Don't lock your joints as you kick or punch;
- As a beginner, don't kick too high or too hard - you should first learn the proper technique and give your joints and muscles time to adjust.

– www.health24.com

[Read more: Muaythai released my inner fighter](#)



Your Precious Body

See your body as a partner in your life, not as a servant. Talk to your body. Say to it: "Thank you for being with me. If you have felt abused by me in any way, please forgive me."

Stop now and then during the course of the day and visit your body. Let the visit be one of love and thankfulness.



"Thank you for conveying me about. Thank you for breathing, for the beating of our heart."

Be friends with your body. It likes lots and lots of water to work better. You may feel that it is hungry, yet it may be telling you that it is thirsty.

- Dr Hew Len, "Zero Limits" by JOE VITALE

Visiting the sick

The next time you visit someone in hospital, keep in mind that you are one of the biggest threats to their health. For hospitals to be healthy environments, staff and visitors need to take stringent measures to protect patients. Dr Victor Litlhakanyane, from Netcare, has 3 important tips to share:

1. Friends and family must stick to visiting times – they are not only there to make work easier for staff, but are also in place to ensure the proper recovery of patients and reduce the risk of infections being spread.
2. Don't bring children under the age of 12 to visit. Their immune systems are not as well developed as those of adults, so they are more susceptible to the risks associated with being around sick people.
3. Wash your hands with the bacterial soap provided before entering the ward or the patient's room. Don't sit on the bed or tamper with dressings. Place your handbag on the floor rather than on the trolleys over the bed. This way, you'll limit the spread of infections. - Oprah Magazine, Dec 2008



REACHING OUT - TO HELP THE SICK AND FEED THE POOR OUTREACH PROJECT: ANANDA KUTIR ASHRAMA, RONDEBOSCH EAST

Sandwiches are prepared by enthusiastic and joyful volunteers and delivered to patients at TB/HIV/AIDS clinics. This outreach project is funded entirely by the donations of generous people who find joy in giving. As costs continue to rise it becomes a struggle to maintain this service hence great appreciation is extended to the funders who enable it to continue to assist the ill and needy people - as this is often the only food they receive, since most of them are too ill to work.

At present we are providing more than 1000 peanut butter sandwiches and fruit weekly, as well as 200 peanut butter and jam sandwiches to needy schoolchildren made by our volunteers at the Ashram. We also have 2 rosters of many volunteers who make sandwiches at home and supply fruit and hard boiled eggs. This brings the total to about 1500 sandwiches and fruit a week.

The clinics/school that benefit from this OUTREACH PROJECT are:

Masincedane Clinic in KTC; Nyanga Clinic in Nyanga; Phumlani Clinic in Philippi East; Mzamomhle Clinic in Browns Farm; Stormont Madubela Primary School in KTC

For more information, donations and volunteering please contact:

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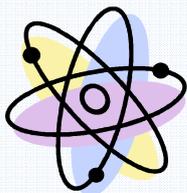
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***Every body is better
with Bowen***



**Re-use
Reduce
Recycle**



pic by sermi

Bowen Therapy treating Seizures

Case Study

“My daughter has a form of epilepsy known as Lennox Gastaut Syndrome, the most severe form there is. Prior to seeing Craig Ranson, it was usual for my daughter to have anything around 300 to 400 seizures per week of varying degrees.

My daughter first saw Craig Ranson in December of 2004. After just three visits, the seizures stopped and I am pleased to say that she has not had another seizure since Boxing Day of 2004.

Samantha continues to see Craig as she enjoys her treatments greatly and recently we have dropped her treatments back from weekly to fortnightly. Her health has remained great, despite having fewer treatments. Overall, Samantha has enjoyed a better quality of sleep, improved circulation to her legs and feet (she is in a wheelchair mostly), is a happier lady in general and a pleasure to be around. Many friends, carers and family have noticed the positive changes and made comments to that affect. I have become a great believer in the Bowen Technique.

R Robinson, mother and carer, Queensland. – [Bowen Hands](#), June 2006

Execution by SMS

Here's a scary statistic: When drivers of heavy trucks SMS while driving, their collision risk is 23 times greater than when not texting. Dialling a cell phone and using or reaching for an electronic device increases risk of collision about 6 times in cars and trucks.

We get so used to technology, we forget that we are actually in control of something heavy and lethal when we are driving. And then the phone rings or beeps, and you're expecting an important call or message, and you look down to see if you've won the lottery, got the job, or fixed the date. It might be the last thing you ever do. It might not seem like such a serious crime, but it often carries the death sentence. And not just for the offending driver. www.health24.com

[Read more: SMS drivers a deadly hazard](#)

TEST YOUR KNOWLEDGE

1. How many South Africans have won the Nobel Peace Prize?
2. Triskaidekaphobia is a abnormal fear of which number?
3. Stiles and rungs are parts of which DIY device?
4. How many provinces are there in South Africa?
5. In which “mambazo” mean in the name Ladysmith Black Mambazo?

1. Four 2. Thirteen 3. Ladder
4 Nine 5 Aya

TIME TO CONTEMPLATE

Remember, that you are entitled to keep your head held up high, regardless of what you regret.

We all have closets; they all have skeletons within them.

- Jonathan Cainer