



Healing at hand

February 2009

Issue 2 -

SUMMER



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“Close both eyes, to see with the other eye.”

-Sufi Poet, Rumi

Greetings ...

Thank you for your positive response to this health newsletter. It appears that such publications are appreciated and serve as a helpful contribution towards healthy living. I have therefore decided to make this publication a monthly newsletter.

Health - do we understand what it is? It is said that health is not merely the absence of disease. A person may be disease-free, but not happy and may be suffering from mental and emotional stress. Is this a healthy person? On the other hand, a paraplegic may not be able to use his/her entire body, yet the person is happy and content, and carries on positively in life regardless of their disability. Is this person healthy?

Deepak Chopra says, "It is quite obvious that healthy people are happier than unhealthy people. What is now becoming increasingly evident through study is that the reverse is also true: happy people are healthier than unhappy people. It appears that happiness, which simply means having happy thoughts most of the time, causes biochemical changes in the brain that in turn have profoundly beneficial effects on the body's physiology.

Sad or depressing thoughts, on the other hand, produce changes in brain chemistry that have a detrimental effect on the body's physiology".

Hence, I leave these powerful thoughts for your contemplation.

Be well,

Rashidah

Wonderful Watermelon



The first recorded watermelon harvest occurred in Egypt nearly 5,000 years ago and we are still enjoying the juicy, succulent flesh of this tasty summer fruit. And it also protects the prostate, promotes weight-loss, lowers cholesterol and controls blood pressure. Celest Naude, from the Nutrition Institute of the University of Stellenbosch, says watermelons are a rich source of lycopene, which fights cancer and protects against cardiovascular diseases. They are also high in essential amino acids and fibre. So go ahead, enjoy those last slices of juicy watermelon before Summer makes way for Autumn!

COMIC RELIEF ...



A little girl asked her mother, "Can I go outside and play with the boys?"

Her mother replied, "No, you can't play with the boys, they're too rough." The little girl thought about it for a few moments and asked, "If I can find a smooth one, can I play with him?"

PRANAYAMA - the Science of Breathing

All life breathes - without energy flow carried to everything through ceaseless vibration, there would be no life. The forces we breathe are the same forces which put the life force into water, into grass, into trees and plants. We are all one of another. Pranayama is the most complete process of normalization of the body/mind processes. Recent research has shown a co-relation between our health and the flow of electromagnetism in the body. The fit person is electrically charged and the sick person is electrically depleted.

Our natural breath is a free, liberating and uninhibited revitalizing force. From moment to moment micro-adjustments take place to the flow of the breath. These continual adjustments are triggered by our neural system in response to our body's ongoing cellular requirements.

The benefits of pranayama are incalculable. All the muscles are relaxed. All the nerves are toned. Rhythm and harmony are established in the entire being. Mind is calmed. Circulation is promoted. An inexpressible peace and bliss come to reign within you.

Whenever you feel uneasy, depressed, or dejected, practice pranayama. You will at once be filled with new vigour, energy and strength. You will be elevated, renovated and filled with joy. Try and practice and you will be inspired.

Some of the different types of Pranayama practices are:

Ujjayi, Sitali, Sitkari, Nadi Shodana, Kapala Bhati, Bhastrika, Khechari Mudra, Brahmari, Yoni Mudra, etc.

LAUGHTER is one of the finest breathing exercises there is and should be encouraged.

YAWNING is also most excellent for releasing CO₂ and bringing about an altered more relaxed state of mind. For people who suffer from insomnia this is a wonderful exercise to practice as they get into bed. Try making yourself yawn a dozen times consciously and see what happens. Incidentally, many people who suffer from Emphysema and Asthma cannot yawn. Therefore to learn to yawn again greatly decreases spasms in the bronchioles as the mind relaxes.

HUMMING a tune similarly takes us from a depressed state into a more lighthearted frame of mind. The vibrations are very soothing to the nerves and brain and improve the quality of out-breath.

GENERAL BENEFITS OF PRANAYAMA:

- Renews energy
- Restores appetite
- Releases deep tension and stress
- Reduces high blood pressure
- Improves brain functioning
- Strengthens the heart and lungs
- Clears catarrh and sinus conditions
- Strengthens the immune system
- Cures insomnia
- Generally tones and improves all body functions
- Provides total cellular revitalization
- Clears the auric field, brings radiance and luster
- Removes all sluggish conditions in the abdomen, constipation etc. - greatly assists persons with spastic colon, hiatus hernia.



Yoga breathing is health giving and rejuvenating. Deep regular breathing improves all mental conditions. Yoga breathing and advanced pranayama lead into natural meditative states. Yoga breathing with breath retention enhances awareness, and cellular revitalization. Reading about the benefits does not give the benefits. You have to practice and practice regularly. When you make a resolve to start, you will find it immediately rewarding.

-With thanks to Ananda Kutir Education Foundation & Ayurveda - S.A

www.anandakutir.org.za



The Health Benefits of Olive Oil

Not only is the olive tree a symbol of hope and friendship, it is also a symbol of life. This symbol is very appropriate if you think of all the health benefits of olive oil. Studies have shown that women who consume olive oil on a daily basis have a significantly lower risk of getting breast cancer than those women who don't. Lowering your risk of breast cancer is just one of the many benefits of olive oil. Olive oil in moderate quantities also has the following health benefits:

- Reduces the risk of heart disease
- Lowers blood pressure in hypertension sufferers
- Prevents and protects against rheumatoid arthritis
- Reduces production of gallstones
- Regulates blood sugar levels
- Protects arteries from plaque
- Causes less hardening of the arteries
- Aids digestion. Olive oil promotes the overall absorption of nutrients while helping the digestive system to function more efficiently
- Slows down the natural ageing process
- Protects against and prevents age-related decline in mental function
- Prevents LDL cholesterol (the bad cholesterol which assists in the build-up of fatty deposits in the arteries) from being converted to the toxic form

There are many types of olive oil but the best kind is extra virgin, cold-pressed olive oil. Extra virgin and virgin olive oil are completely natural and unrefined. All other oils can be assumed to be refined or to contain a proportion of refined olive oil. Cold-pressed indicates that milling temperatures were kept below 30°C, preventing the destruction of the temperature-sensitive vitamins, antioxidants and flavour compounds. Olive oil must be stored in a cool, dark place in an airtight, dark glass bottle. Don't store it in the refrigerator because the oil will congeal.

- R. Steinmann

Sources: www.fleminghill.com/Health.htm

http://ky.essortment.com/oliveoil_rzeo.htm

http://nc.essortment.com/oliveoilhealth_rbqa.htm

Creed, S. 2002. Let food be your medicine. Claremont: Anderson Publishing.

EXPAND YOUR HORIZONS

Education is not always about qualifications. It can also be about acquiring new skills, growing your knowledge, or simply doing something new, for fun. This can include learning to play a musical instrument; taking up photography and experimenting with composition and technique; learning a new language; or write your masterpiece. Besides having fun, participation in such leisure and pursuits has great benefit.

Studies have shown that it is beneficial to continue to stimulate our brains even as we get older, teaching it new things, giving it challenges, whereby it may be of considerable help to reduce the risk of suffering Parkinson's and Alzheimer's disease. The brain is never too old to learn new things. As long as the activity is enjoyable, your brain will accept the challenge!

HOW QUICKLY WILL PEOPLE HEAL?

How quickly a person heals is due in part to variables we do not control. Simply offer the healing and allow their system to do its best. Here are some of the variables that determine healing:

- **Nutritional needs** (does their body have the resources?)
- **Willingness to heal** (on the surface it's always "yes," but underneath?)
- **Time** (some things take time, such as tissue growth)
- **Toxicity or Congestion in the body** (definitely hampers healing)
- **Severity** (intense or severe conditions won't always heal quickly)
- **Emotions and Mental framesets** that resist healing

Sometimes people keep a condition because they haven't learned what they needed to learn from it. All conditions we experience in life have the potential to provide lessons for us. This is especially true of disease, illness, injury, emotional upset, etc. Often a person's condition is just a wake-up call for them to pay attention to their life. Did they get the message? If not, they may hold on to the condition until the whole process is complete.

We cannot force people to heal and we are not responsible if they don't heal as rapidly as we would like. Many things can be going on. Something else, even more critical, may be getting healed instead of the obvious thing we are working on. This happens all the time.

The underlying cause may be emotional, and the person resists moving through the emotion

- The client is the real healer and their ability to heal depends significantly upon allowing themselves to heal. Some people don't always allow a healing if they feel that they "deserve" the condition. It's possible to resist healing if it goes against a mindset. In this case, the mental framework needs to be adjusted also.
- People heal as quickly as the sum total of forces allows.

You can think of all conditions as a balance of forces either regenerative or degenerative. These forces act on 5 levels: Physical, Energetic (aura, meridians, charkas, etc.), Emotional, Mental, and their connection to or separation from Pure Spirit or Consciousness. The more regenerative forces and the fewer the degenerative forces, the faster the healing.

As you enter the world of healing, you begin to see that you can help even more by sensing deficiencies in nutrition, energy deficiencies, emotional attitudes, mental framesets, and degree of spiritual attunement your client has. You can take specialized training to learn these things if you feel drawn to do so.

If it's appropriate to your skills, training, and certifications, in the healing session, you may find it appropriate to suggest ways to help your client free themselves of the obstacles you sense are counterproductive to their healing. Often simply getting the client into a greater state of "allowing" is all that is needed to help things along. You don't have to know everything or be clever. Simply work in a very simple love space. That's enough to create remarkable healing in most cases, and it's the best thing you can do from your side. The rest depends on the factors over which we do not have direct control.

Richard Gordon - Quantum Touch

www.quantumtouch.com

**That which is striking and beautiful is
not always good,
but that which is good is always
beautiful”.**

Ninon de L'Enclos

Contact details:

**Rashidah
Hargey**

- **BOWEN TECHNIQUE**
- **QUANTUM TOUCH**

Theracare Health Centre
118 First Avenue
Rondebosch East 7780
(opp. Crawford Station)

Telephone:
(021) 696 5928 (o/h)
Cellphone: 083 29 444 29

Website:
www.bowentherapy.co.za

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



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BOWEN CASE STUDY

Z.A - 61 yrs old. April 2007

I've been experiencing constant lower back pain. X-rays have showed slight narrowing of spinal discs L5/S1, disc denegerative change, plus calcification. Recently, the pain would come at any time so unexpectedly and so sharp that I couldn't breathe. On a scale of 10, (with 10 being most severe and 1 at the lowest pain level) the pain I experienced was 9 out of 10.

Previously, I have had 5 cortizone injections in the lumbar spine which gave me only temporary relief.

After a couple of weekly Bowen treatments plus supplementation of biochemic tissue salts, there has been great improvement. I hardly experience any back pain now. I am continuing with monthly maintenance sessions for my continued well-being.



Heatstroke

Soaring temperatures and high humidity can lead to heat-related ills, including heatstroke. Some people are at greater risk. Are you one of them?

According to *HealthDay*, the high-risk group includes: babies and young children, the elderly and pets; people who have a chronic illness, including heart problems and circulatory conditions; people who must work outdoors in the sun; athletes who practise or play outdoors, or people who are just starting an outdoor exercise programme; people who abuse drugs and alcohol; and anyone taking medications that affect sweat production.

Health24.com

[Read more: Heatstroke](#)

Time to Contemplate . . .

"It is not the magnitude of our actions but the amount of love that is put into them, that matters." - *Mother Theresa*



"Sometimes, hope is what makes us smile. Other times, a smile is what can bring us hope." - *Tibetan Monk*

QUANTUM-TOUCH WORKSHOPS

Quantum-Touch believes that all healing is self-healing and provides extremely fast and profound pain relief and accelerated healing for a wide range of conditions using simple breathing and body awareness exercises. Quantum-Touch helps back pain, scoliosis, hip problems and much more. When combined by practitioners of chiropractic, physiotherapists, reflexology, kinesiology, etc., the results are amazing.

Courses are held throughout the year. You will learn to alleviate pain and inflammation in record time; you will also learn that you can observe bones automatically adjust themselves with the lightest of touches; how to help reduce or eliminate back pain; distant healing; how to work with pets and other animals and more.

Anyone can do it – even children!

To learn Quantum Touch, or find out more contact: **Judy Wolmarans 083 264 6220 or (021) 408 9151**

2-Day Workshop: Normal price R1,500. Readers of this newsletter qualify for a special discount.

2009 Class Schedule:

Cape Town	24 th and 25 th January 4 th and 5 th April
Durban	28 th February and 1 st March
Knysna	end March beginning of April



ANANDA KUTIR COURSES

RAJA YOGA

with Mother Yogeshwari

Learn the art and science of meditation.

Through meditation and other tools of awareness you will discover your true and essential Self. Raja Yoga is the art of Self-mastery whereby you will gain insight in how to manage your reactions to daily life.

This is a sixteen-week course for serious spiritual aspirants. Classes are on Saturday afternoons: 14h15-15h15 - starting on 14th February. Course fees: R900. Members: 10% discount Bookings with full payment by 7th February (limited places).

PRANAYAMA - the Science of Breathing

With Swami Parvathiananda

Pranayama is an essential part of the practice of Yoga. Prana is the universal energy that gives life to our bodies. Harnessing prana allows us to experience a greater sense of calm, steadiness and energy.

The course will run over nine weeks and classes will be taught on Saturday afternoons at 15h30-17h00. The course starts on 7th February. Course fees: R750. Members: 10% discount Bookings with full payment by 31st January (limited places).

ANANDA KUTIR COURSES

THE ART AND SCIENCE OF YOGA NIDRA

With Sri Rosemary Frith

Yoga Nidra is the Yogic art of deep relaxation and inner transformation through relaxation and visualization techniques.

An introductory nine-week course on Saturday afternoons: 17h00-18h00 starting on 14th February. Course Fee: R400. Members: 10% discount Bookings with full payment by 7th February (limited places).

ANATOMY AND PHYSIOLOGY FOR COMPLEMENTARY HEALTH

With Sri Anthea Parkinson

The ashram is conducting an Anatomy and Physiology Course for Yoga Teachers. Fundamental concepts are shared that are useful for Yoga Teachers, other Health Modalities and for Yoga students who wish to gain an elementary understanding for their Yoga practice.

This is a sixteen-week course with classes on Saturday afternoons at 12h00-13h00. The course starts on 14th February.

Course fees: R900. Members: 10% discount Bookings with full payment by 7th February (limited places)

For more info on any of these courses, kindly contact Ananda Kutir Ashrama at:

info@anandakutir.co.za ; or Tel: (021) 696 1821

To advertise Courses, Workshops and Events, please contact

Rashidah: info@bowentherapy.co.za

Cellphone: 083 29 444 29