



Healing at Hand

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Winter



Soft purple
by [Graça Vargas's flowers](#)

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To teach is to
touch a life
forever.

Greetings ...

When we give ourselves permission to decide what is best for us, a transformation can occur. Usually, some kind of inspiration serves as a catalyst for this transition to happen. Inspiration may come in many forms – a breathtaking scene in nature, a particular piece of music, poetry, a true dream, being with a spiritual teacher or a loved one, during meditation, being still, etc. It takes courage to be yourself – the strength to stand aside from the collective, and in conflict with it if necessary; to become your own person. The journey of every individual is not the same in reaching their Higher Purpose.

Given the right circumstances, opportunities and assistance, and permitting ourselves, we can be like the caterpillar that becomes a butterfly and can take flight. May you all find that inspiration which will allow you to take flight.

***“To see the world in a grain of sand,
and to see heaven in a wild flower,
hold infinity in the palm of your hands,
and eternity in an hour.”***

- William Blake.

Peace and blessings, *Rashidah*

Breathing and Energy

Our existence on earth depends upon our breath. Correct breathing is important for good health. A healthy person is electrically charged and an unhealthy person is electrically depleted. Breathing rhythms, cardiac rhythms and brain wave patterns are all interrelated. The quality and rhythm of our breath has an effect on the quality of our heartbeat and heart function. It also alters our brain wave patterns – and therefore the breath powerfully influences the state of our minds – how we feel – our emotions.

Medical science is beginning to research yoga practices with remarkable results. Essentially human beings are units of energy. Experiments performed some years ago, reported that participants recorded on average of 10 millivolts flowing from their fingertips. A healer and yoga practitioners taking part in this experiment had 100 millivolts flowing from their fingertips. This experiment showed that the body is an electrically-charged vehicle, combining oxygenation with electro-magnetism and pranic (energy) revitalization. This energy provides a base for cellular life known as Life Force. Breathing, done correctly, is a vital process giving us both cellular revitalization and quality of life.

Ananda Kutir Education Foundation for Yoga and Ayurveda SA

COMIC RELIEF ...



An exasperated mother, whose son was always getting into mischief, finally asked him "How do you expect to get into Heaven?"

The boy thought it over and said, "Well, I'll run in and out, and in and out, and keep slamming the door - until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!'"

Spices that Heal - Home remedies from spices

There are lot of spices which we use daily are known to be useful in treating common ailments. This knowledge has been passed for generation in our country. Main lacunae are that most of these methods are mainly time tested and not scientifically studied or standardised. But in our country, grandmothers for generations pass on this knowledge with lot of love and conviction to their dear ones. - By Mumtaz Khalid Ismail

GINGER

1. Try pure ginger juice for stomach upsets nausea, heartburn, abdominal cramps, and motion sickness.
2. First thing in the morning take ginger tea it will help you from morning sickness.
3. Ginger can be useful in keeping cholesterol levels under control.
4. Ginger helps in the digestion since it contains a compound similar to the digestive enzymes found in our digestive tract, which may help to digest a heavy, protein-rich meal more easily.
5. Ginger can be chewed to relieve toothache.
6. Hot ginger drink is effective for cold and flu.
7. It helps to clear the blocked nose and stimulate the liver to remove toxins from the blood stream.
8. Ginger juice is made with a teaspoon of freshly squeezed juice of ginger and lime and a teaspoon of honey in hot water.



FENUGREEK SEEDS

1. Fenugreek seeds help to control type I and II diabetes.
2. It reduces high serum cholesterol.
3. This seeds relieves constipation may be because the seeds contain a gum which when mixed with water expands in the gut and adds bulk to the stool.
4. It can be prescribed to nursing mothers to increase their milk production.
5. Since fenugreek seeds contain chemicals (diosgenin and estrogens isoflavones) similar to the female sex hormone oestrogen is considered as a potent menstruation promoter (menstrual discomforts), minimise symptoms of menopause.
6. Fenugreek sprouts can be incorporated in your salads to help to minimise these problems.



TURMERIC

1. Turmeric is a relative of ginger is considered as one of the amazing medicinal plants used in India for thousands of years. Lot of scientific study had been done about the medicinal property of turmeric.
2. Its antiseptic property is been proved scientifically.
3. It is used in treating arthritis due to its anti-inflammatory property.
4. Turmeric is used to relieve digestive problems like ulcers, dysentery.
5. It has protective action on liver.
6. Turmeric helps by lowering serum cholesterol and by preventing the formation of the internal blood clots improves circulation and prevents heart disease and stroke.
7. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day. It is also used as a paste for local action.
8. Fresh or dry turmeric is used for saline gargles to relieve and prevent sore throats.



NUTMEG AND MACE

1. These spices come from the same plant.
2. Nutmeg is the seed and mace is the outer covering. This spice is expensive but has lot of medicinal values.
3. It helps in digestion and relieves nausea, vomiting, flatulence and diarrhoea.
4. The nutmeg should be powdered and mixed with honey and can be taken during diarrhoea. It can be given to small children also. 1 teaspoon twice or thrice can be taken.
5. Large quantity can have harmful effects like miscarriage.



GARLIC

1. Garlic is a bulb of a plant and used for cooking and also it has many medicinal properties.
2. It is an anti-viral and anti-bacterial agent with a high sulphur content.
3. Raw garlic helps to reduce the nasal congestion and as well as to help to relieve other symptoms of cold. Many of the volatile compounds are lost through cooking.
4. They are also good for high blood pressure and to lower the cholesterol levels.
5. Garlic is used for treating cramps and muscular spasm.
6. It can be taken directly or mixed with milk.
7. It has some draw backs like bad breath, may induce migraine and can cause contact dermatitis.



CUMIN SEEDS

1. Cumin seeds are used as a spice in cooking.
2. It helps to cure flatulence and colic pain. After heavy meals and to children after feed it can be given to prevent intestinal colic.
3. In 1 litre water add 1-teaspoon cumin seeds and boil it. This water has to be consumed the same day it should not be used the next day.
4. Cumin is of benefit to the heart and uterus and is given to women after childbirth to increase breast milk.
5. Cumin seeds contain good amounts of protein, fat, carbohydrates, fibre, calcium, iron and phosphorus.
6. Externally it can be used in liniments for stimulating circulation and bringing warmth to the area.



Cheerfulness is the atmosphere in which all things thrive.
- Jean Paul Richter

Exude positivity

Thoughts become reality— use daily affirmations to attract some good in your life.

Affirmations are strong positive statements that help us reach a certain state of mind or develop a desirable quality. They are worded as if the situation is already so, such as, "I am calm in the traffic", "I am a punctual person", or "I am a confident public speaker."



Thoughts and words are extremely powerful, and play a big role in determining what we attract into our lives. For example, children who frequently say "I am hopeless at maths" will create that reality, even if it is not true. As adults, we often underestimate how the messages we entrench in our children (by always calling them things like "you little monster" or "fatso") affect them later in life – even if these labels are meant as a joke.

Similarly, repeating statements such as "I am a terrible cook", "I am uncoordinated" or "I am accident-prone" will not only keep you from trying new recipes or activities, but will actually set you up for situations that reinforce that negative thought pattern. You figuratively programme yourself to ruin the dinner, dance like a windmill or fall off a bicycle. Our thoughts become our reality.

Affirmations work exactly the same way, except that they replace the negative messages in your subconscious with positive ones. Repeated regularly, they eventually become fact. If you constantly tell yourself (and your children) that you are capable, creative and courageous, you will attract situations that prove that this is so. You will change your thought pattern and create a different outcome.

It's important that affirmations be worded positively ("I am neat and attractive" rather than "I am not a fat slob") and also that they be realistic.

If you want to stop smoking or lose weight, for example, don't go immediately to "My life is free of cigarettes" and "I weigh 53kg" if these goals are light years from where you are at the moment. "I smoke 20 cigarettes a day" and "I weigh 70kg" may be enough of a challenge to start with. You can reduce the numbers as you achieve your goals.

Get into the habit of repeating your affirmations every day, in the shower, at the traffic lights or in the supermarket queue. Look at situations that make you feel vulnerable or insecure to get an idea of what affirmations may help you.

Kick start your affirmations with these examples:

- I am worthy of love and respect
- I am good at my job
- My opinions are valid
- My body is strong and healthy.

Or create your own affirmations, but remember to repeat them daily, they only become effective through repetition.

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The Language of Music



Vibration creates sound – the harmonious arrangement of sound creates music

Music is a language. There are ways in which to write down every note that can ever be played. If you know the code, you can communicate with other musically-minded people. The ancients believed that the planets made a kind of music. They called it "The Harmony of Spheres". - **Jonathan Cainer, Astrologer**

Modern day scientists refer to the reverberation (echo: the repetition of a sound resulting from reflection of the sound waves) still audible from the "Big Bang" theory of the creation of the universe. The study of Ayurveda explains the Unified Consciousness manifesting subtle vibrations which result in sound, which takes form, shape and colour.

The role of melody in helping recall

The most obvious connection between language and music is that music can be used to help us remember words. It has been convincingly shown that words are better recalled when they are learned as a song rather than speech - in particular conditions. Melody is what is important. Rhythm is obviously part of that. We are all aware of the power of rhythm in helping make something memorable. But melody, it seems, has quite a lot of attributes, apart from rhythm, that we can use as cues to help our recall. And what seems to be crucial is the simplicity and predictability of the melody.

- Some of the attributes of music are particularly memorable, and can be used to assist learning.
- Music and language are both important in helping humans form large social groups, and one can argue that they co-evolved on the back of this function.
- There is growing evidence that the same brain structures are involved in music and language processing.
- A rare disorder suggests a genetic link between social skills, language skills, and musical skills.
- These connections between music and language processing support recent evidence that music training can improve children's language skills.

The evolution of language

Read the book by Robin Dunbar, ***Grooming, gossip and the evolution of language***. In it he moves on from the fact that monkeys and apes are intensely social and that grooming each other is a major social bonding mechanism, to the theory that in humans language (particularly the sort of social language we call gossip) has taken the place of grooming. The size of human social groups, he argues cogently, was able to increase (to our species' benefit) because of the advantages language has over grooming. For example, it's hard to groom more than one at a time, but you can talk to several at once.

Language, music, and emotion

He also suggests that both music and language helped humans knit together in social groups, and maybe music was first. We are all familiar with the extraordinary power of music to not only evoke emotion, but also to bind us into a group. Think of your feelings at times of group singing - the singing of the national anthem, singing 'Auld Lang Syne' at New Year's Eve, singing in church, campfire singing, carol singing ... fill in your own experience.

Dunbar also observes that, while skilled oratory has its place of course, language is fairly inadequate at the emotional level - something we all have occasion to notice when we wish to offer comfort and support to those in emotional pain. At times like these, we tend to fall back on the tried and true methods of our forebears - touch.

So, while language is unrivalled in its ability to convey "the facts", there is a point at which it fails. At this point, other facilities need to step in. At an individual level, we have touch, and "body language". At the social level, we have music. Language and music then, may well have developed together, not entirely independently. More evidence for this comes from recent neurological studies.

The neural substrates of language and music

Language is a very important and complex function in humans, and unsurprisingly it involves a number of brain regions. The most famous is Broca's area. Recent research into neurological aspects of music have held some surprises. Imaging studies have revealed that, while the same area (the *planum temporale*) was active in all subjects listening to music, in non-musicians it was the right planum temporale that was most active, while in musicians the left side dominated. The left planum temporale is thought to control language processing. It has been suggested that musicians process music as a language. This left-brain activity was most pronounced in people who had started musical training at an early age (*August 2001 news report*). Moreover, several studies have now demonstrated that there are significant differences in the distribution of gray matter in the brain between professional musicians trained at an early age and non-musicians. In particular, musicians have an increased volume of gray matter in Broca's area. The extent of this increase appears to depend on the number of years devoted to musical training. There also appears to be a very significant increase in the amount of gray matter in the part of the auditory cortex called the *Heschl's gyrus* (also involved in the categorical perception of speech sounds. An imaging study investigating the neural correlates of music processing found that "unexpected musical events" activated the areas of Broca and *Wernicke*, the *superior temporal sulcus*, Heschl's gyrus, both *planum polare* and planum temporale, as well as the anterior superior insular cortices. The important thing about this is that, while some of those regions were already known to be involved in music processing, the cortical network comprising all these structures has up to now been thought to be domain-specific for language processing. -<http://www.memory-key.com/language/music.htm>

For further reading:

- "Music, Language and the Brain", by Aniruddh D. Patel
- "Musicophilia: Tales of Music and the Brain", by Dr Oliver Sacks

Memory Boosting Foods

Memory is an eternal challenge. We need it to live, we need it to function, and we all think about it. We all get just that tiny bit older every day, and want to avoid having any “senior moments” if we can. So, are there really foods that can boost the memory? Yes.

Some foods help memory, others don't

The truth is that there are indeed foods and eating patterns that can help memory...and others that can handicap it. Optimum Nutrition advocate, Patrick Holford, advises straight up that you should avoid indulging in refined carbohydrates, if you can: they may give an initial burst of energy, but they end up leaving you dozy, and unfocused.

Complex vs Refined carbs

While complex carbohydrates are the source of glucose, which is the most important nutrient of all for the brain and nervous system, and is referred to as "the fuel they run on", refined carbohydrates "cheat nature", as Holford explains. Concentrated sugars like white sugar, honey and syrup are 'fast-releasing' sugars, which cause a rapid increase in blood sugar levels. The body responds to this by taking this excess sugar out to the cells, which, if they don't need more fuel, store it first as 'glycogen' in the muscles and liver, then as fat. Holford also explains that most concentrated forms of sugar are devoid of vitamins and minerals, without which our metabolism becomes inefficient, contributing to poor energy levels and concentration, not to mention weight issues.

Focus on fatty fish

As for that “old-wives’ tale” about fish as brain food? Those old wives were on to something. Fish has been proven to support and increase memory retention, and it's the good fats in the fish that makes it great.

Good fats are essential for good brain function. Holford stresses the importance of the omega fat families for mental and emotional health. These include the Omega-3s and Omega-6s. The best source of Omega-3s is fatty fish - salmon, mackerel or sardines - as well as flax seeds and flax seed oil, for instance. Omega-6s are found in Linoleic acid, which is in turn found in oils of corn, safflower, sunflower, sesame and pumpkin. According to Holford, "Due to its reported effects on memory, evening primrose oil was given to Alzheimer's patients in a controlled trial and... significant improvements in memory and mental function were found." It's no surprise that he advocates evening primrose oil as the best source of Omega-6. So stock up on flax (linseed), hemp, pumpkin and walnuts for all your Omega-3s, as well as the salmons, mackerels and anchovies among other fatty fishes. For Omega-6, go for corn, safflower, sunflower and sesame seeds or oil, and consider supplements of evening primrose, borage oil or blackcurrant seed.

Find the balance

A diet well balanced between lean proteins, fresh fruit and vegetables, good fats and complex carbohydrates, combined with exercise and careful management of such conditions as high blood pressure and diabetes is the optimal approach to maintaining and even improving memory functions. The very diet that is often described as being best for your body: best for weight control, best for reducing blood pressure and heart conditions, best for supplying vitamins and antioxidants, is also best for your memory.

Much of the information in this article was sourced from Optimum Nutrition for the Mind by Patrick Holford (Piatkus)

Cindy Moritz; www.all4women.co.za



What is Love?

“Love is a state of Being. Your love is not outside; it is deep within you. You can never lose it, and it can never leave you. It is not dependent on some other body, some external form. In the stillness of your presence, you can feel your own formless and timeless reality as the unmanifested life that animates your physical form. You can then feel the same life deep within every other human and every other creature. You look beyond the veil of form and separation. This is the realization of oneness. This is love.

What is God? The eternal One Life underneath all the forms of life. What is love? To feel the presence of that One Life deep within yourself and within all creatures. To be it. Therefore, all love is the love of God.

Love is not selective, just as the light of the sun is not selective. It does not make one person special. It is not exclusive. Exclusivity is not the love of God but the “love” of ego. However, the intensity with which true love is felt can vary. There may be one person who reflects your love back to you more clearly and more intensely than others, and if that person feels the same toward you, it can be said that you are in a love relationship with him or her. The bond that connects you with that person is the same bond that connects you with the person sitting next to you on a bus, or with a bird, a tree, a flower.

Only the degree of intensity with which it is felt, differs.”

- Eckhart Tolle, “The Power of Now”

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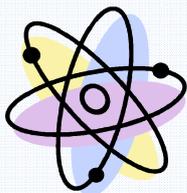
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**Every body is better
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**Re-use
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by [gambastyle](#)

Bowen Therapy around the world

My name is Ute Grams from Flensburg, Germany, where I practice Bowen therapy. I have had some amazing experiences with my clients. The basic Bowen moves are excellent in a first aid situation. Here are a few examples of them:

1. I received a gash to the head which was approx. 2cm long and bled profusely. Only doing the first four moves of the basic moves for upper back, the bleeding stopped almost straight away. After 3hrs, the wound was that small that the doctors didn't need to stitch at all.
2. My daughter needed a small surgical procedure to her foot which had become infected due to a foreign object lodged there. While he was cutting into the foot trying to find it, he cut a small blood vessel which bled quite badly. He put his thumb into the wound and said to the nurse, "What will we do next to stop the bleeding?. I said, "Just a moment" and did the 4 basic Bowen moves of upper back, to which he asked if I had a valve there to turn off the blood. I said, "Yes, I have." He took his thumb away and was amazed that the bleeding had stopped.
3. My son had gone to school and as it was snowing, the ground was very slippery and icy. During play break with a friend, they both slipped and fell. His friend fell on my son's hand, chipping a small bone in his thumb. Someone did the same Bowen emergency moves within half hour of the injury. After being taken to hospital and ex-rayed, the doctor mentioned how strange it was that the bone chip was in the exact spot that it should be and hadn't moved. The hand was put in plaster and my son was sent home without much pain at all.

Bowen Hands, June 2005

Lighten Your Load !

The average weight of a woman's handbag is over 2kg!



Carrying a weight on one side of your body compresses the nerves, discs and muscles of that side, stretching those on the other side. This creates neck, shoulder and back problems. Try and lighten your bag as much as possible, and distribute the weight evenly on your back by using a satchel or alternating shoulders.

Source: [All4women](#)

TEST YOUR KNOWLEDGE

1. Which South African dam has the largest surface area?
2. To how many years does the term "fourscore" refer?
3. Which planet in our solar system was named after the ruler of the gods in Roman mythology?
4. In comic books, which superhero is also known as Peter Parker?
5. In which city is Leonardo Da Vinci's famous painting, known as The Last Supper?

1. Gariep Dam 2. 80yrs 3. Jupiter
4. Super Man . 5. Milan

TIME TO CONTEMPLATE

Few people ever mean to do harm. The most hurtful actions are the result of not misanthropy but of misunderstanding. Narrow views, sincerely but mistakenly held provoke powerful passions. Unrealistic expectations keenly embraced develop into disappointments. Big assumptions hastily made create complicated conflicts.

- Jonathan Cainer