



# Healing at Hand

FEB 2012  
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Summer



Pic: Uma Edwards

“Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.” – **Luther Burbank**

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## Greetings!

The ability to adapt is such an incredible blessing. Sometimes we become so overwhelmed by a matter/situation that we forget we have this ability, i.e. that we can fit into changed circumstances. Sometimes we dig in our heels, resisting the opportunity to do something a bit differently. We may even become hostile and aggressive to a certain degree. Why? What is this fear that keeps us from adjusting our behaviour/practice in light of a changing situation or different environment?

Adaptability is all about being flexible when things change. If the mind is clear, one will not experience uncertainty and conflict. The internal struggle prevents us from progressing and it also takes us away from peace.

Mark Twain sums it up beautifully when he said: “It's not the size of the dog in the fight, it's the size of the fight in the dog.”

One should really ask oneself at times like these whether the matter in question even justifies a fight at all.

Blessings and Peace,  
*Rashidah*

If you have much, give of your wealth;  
If you have little, give of your heart.

**-Kahlil Gibran**

## COMIC RELIEF ...



Little Johnny's new baby brother was screaming up a storm. He asked his mom, "Where'd we get him?"  
His mother replied, "He came from heaven, Johnny."  
Johnny says, "WOW! I can see why they threw him out!"

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## **Turning Fear into True Compassion**

This is a true story that happened to my friend Rekha ...

Rekha maintains an exercise regime that includes a brisk walk every morning around some gardens in our neighbourhood. One morning, she was walking earlier than usual, daybreak was only just beginning to set in and it was still relatively dark.

As she was walking, a cyclist came up to her, snatched her handbag (containing her keys, phone and credit cards) and sped off with it! She ran after him shouting "thief - thief". A man further ahead must have heard her, or seen what had happened. He was washing a car and had a bucket of water with him. He grabbed the bucket and threw the water on to the cyclist.

The cyclist, caught off guard, drove off the pavement and his bike fell over. The other people in the park rushed over and surrounded him. My friend Rekha was worried that the people would try and beat him up, as often happens in India, and so she pleaded with them not to hurt him.

She bent down and asked the man why he did this to her? He was extremely repentant and explained that he was the son of a poor farmer and that this year their crops had failed. He said that the money lenders had threatened to beat up his father and hurt their family if they didn't pay on time. He said that he was absolutely desperate and didn't know what else to do. He was very sorry.

Rekha was deeply moved by this story. She could see that boy was young and he was so skinny and bonny. She looked into the boy's eyes and said that she forgave him. She then pulled out some money from her handbag and gave it to him. She told him that stealing was wrong and that he shouldn't do it again. He said he wouldn't. He said he was from a good family and well brought up and that he had made a terrible mistake.

--posted by [sathsath](#) on Mar 18, 2010  
[www.dailygood.org](http://www.dailygood.org)

## **INITIATING A YOUTH GROUP**



### ***Calling all Youth!***

***This invitation is open to people of all cultures and religion.***

Ananda Kutir Ashrama is keen to initiate its first youth group. Last year it was decided that this year 2012 (being the Ashram's 30<sup>th</sup> anniversary) would be ideal to start a youth group.

The youth group will look at:

- ❖ building spirituality amongst youth today
- ❖ engage in spiritually uplifting activities that will help us to lead our lives more meaningfully

The approximate age range of the group will be 15 to 25 years of age (or anybody else who may consider themselves youth!)

**The first meeting will take place on Friday, 17 February 2012, at Ananda Kutir Ashrama at 19h00**

We look forward to seeing some new young seekers!

If you have any questions please feel free to contact:

**Yuveer Maharaj at 084 6982739 or email [info@anandakutir.org.za](mailto:info@anandakutir.org.za)**

# Learn to Love Fevers, Not Fear Them

by Lindsay Chimileski

*(NaturalNews)* - One of the biggest misconceptions in health care today is the role of fevers. Through misunderstanding, many parents fear fevers, when they should love and respect them. A fever is one of the most extraordinary and intricate healing processes in the body. It plays out like a symphony, orchestrated only when needed to stimulate an immune response, destroy invading organisms and promote the restoration of health. The American Academy of Pediatrics voiced concerns in a 2011 study, concluding that parents need to understand the fever itself is not endangering to a healthy child. In contrast, it's actually beneficial and the primary goal of treatment should be to improve comfort, rather than lowering body temperature alone.

Traditionally, fevers were respected and understood. People knew that the fever would build and then break, like a wave rolling into shore. Now, without knowing or understanding the process, most try to suppress it immediately using antipyretics, or substances that lower temperature, such as acetaminophen and ibuprofen. Antipyretics may quickly lower temperature, but in doing so they silence the body, hinder immune system development, allow the invader to survive and potentially induce chronic disease development.

Antipyretics are often misused, incorrectly administered or excessively dosed as well. Fifty percent of parents consider a temperature of less than 100.4°F (38 °C) is a fever and 25% of caregivers administer an antipyretic then, before the temperature actually reaches fever status. More disturbingly, 85% of parents report waking a sleeping child to administer antipyretics. 80% of pediatricians disagree with this practice. The physiologic healing that occurs while sleeping far surpasses the desire to simply lower the fever.

Modern medicine has lead us away from our bodies. Through its symptom-targeted treatments, patients have learned to expect immediate results. This is even more true when loving parents are concerned for their children. Treating symptoms without treating the cause is like taking the batteries out of the fire alarm, while the house burns down. It is essential to teach parents and children to listen and interpret these signs from the body, not just focus on removing of them.

## **Fever as a friend, not a foe**

A fever is defined by an oral temperature exceeding 100.4° F. They are usually self-limiting and short in duration. There is no evidence of fevers worsening the course of the illness or causing long- term neurological complications. It is important to understand, that the fever itself is not a disease, but rather a symptom of an underlying disharmony.

As human beings, we want to stay alive. This is true on all levels. Mentally, physically, physiologically, and biologically, we function to promote life. Once this is understood, it's easy to grasp that a fever is a physiologic process the body uses to fight infection, thus promoting survival or life. When an invader (virus, bacteria etc.) enters the body, signals are sent to the brain to increase the hypothalamic "set point". This essentially turns up the thermostat for a few days to kill the intruder. Signals can come from bacterial toxins or the body's response to the intruder, i.e. the production of cytokines, chemical mediators, macrophages, and antibodies. The temperature increase also enhances the immune system by catalyzing enzymes, increasing neutrophil production and T-lymphocyte proliferation. Inflammation is stimulated to protect the area, prevent the spread of infection and initiate the healing process.

Always consult your naturopathic physician or pediatrician when fevers exceed 102°F (39 °C) or last longer than three days. Also consult if the fever causes great discomfort, breathing difficulty, stiff neck, convulsions or any time you are unsure. Proper hydration and electrolyte replenishment are essential to support the body.

**Sources for this article include:** Boyle A, Saine A. Lectures in Naturopathic Hydrotherapy. 1988. Eclectic Medical Publications, Oregon.

Crocetti M, Moghbeli N, Serwint J. Fever Phobia revisited: have parental misconceptions about fever changed in 20 years. *Pediatrics*. 2001; 107(6):1241-1246

Skowron, J. *Pediatrics*. University of Bridgeport College of Naturopathic Medicine. 2012. Bridgeport, CT.

Sullivan J, Farrar H. 2011. Clinical Report- Fever and Anti-pyretic use in children. *Pediatrics: From the American Academy of Pediatrics* 2001; 127(3), 580-587.

Yale School of Medicine, Yale Medical Group: Fevers.

## **About the author:**

Lindsay Chimileski: I am a graduate medical student currently pursuing dual degrees in Naturopathic Medicine and Acupuncture, expecting to graduate in 2013. I have a passion for health education, patient empowerment and the restoration of balance- both on the individual and communal level. I believe all can learn how to live happily, in harmony with nature and in ways that support the body's innate ability to heal itself.

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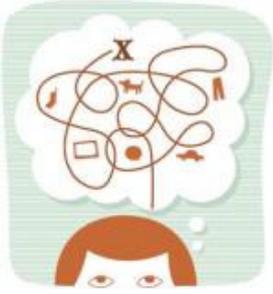
Please note: I am not a doctor and not giving any medical advice, just spreading the word and love of natural living, and the pressing health revolution.

<http://blossomingconsciousness.com/>

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## How a Wandering Mind Affects Your Mood



Dec 3, 2010-- When researchers at Harvard University tracked the happiness level of iPhone users, they discovered that, for almost half of our waking hours, our minds are wandering. Using an iPhone application, participants rated their happiness on a scale of 0-100 and included what they were doing, and whether their mind was wandering beyond the task at hand. The results reveal that a wandering mind has a bigger influence on happiness than any other activity a person happens to be doing, according to their new study. Such findings confirm many philosophical and religious traditions, which teach about finding happiness by living in the moment, and train practitioners to resist mind wandering.

Such wandering minds appeared to cause unhappiness, even with people were doing the least enjoyable activities, like daily work. Perhaps the more able we are to stay in the present, and resist the temptation to follow our minds down its endless paths, the happier we may find ourselves.

<http://www.dailygood.org/view.php?qid=4342>

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*The ability to be in the present moment is a major component of mental wellness. -Abraham Maslow*

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## Meditation May Boost Mood and Mental Toughness

Meditation exercises could boost mental toughness in soldiers readying for war, keeping them from becoming overly emotional, according to new research.

The study found that mindfulness training, which teaches people how to stay alert and in the moment without becoming emotional (giving them a kind of "mental armour"), improved the moods of U.S. Marines preparing for deployment to Iraq. Practicing mindfulness also improved a type of memory that enables people to complete complex mental tasks.

The key is practicing these mindfulness exercises daily, just as you would any other exercise, according to study co-author and University of Pennsylvania cognitive neuroscientist, Amishi Jha, said in a statement. (<http://www.livescience.com/2829-study-zen-meditation-clear-mind.html>)

The study involved 48 Marines who were headed to Iraq. During the eight weeks before deployment, 31 of the participants spent two hours in mindfulness training classes each week, while the other 17 men had no mindfulness training. The Marines, all men, were also assigned "homework" — a 30-minute mindfulness exercise each day.

The exercises included focused breathing and meditation-like sessions. (Past research has found such exercises decrease stress and even prevent relapses in patients with depression.)

During the training, the soldiers answered questionnaires about their moods and took a math and memory test to check their working memory. Working memory, which allows for short-term retrieval and storage of information, is closely related to the kind of mental control used in mindfulness. Jha wanted to know if mindfulness would improve soldiers' ability to control emotion by improving working memory.

The stress of deployment did decrease the Marines' working memory, Jha found. But those who did their mindfulness homework diligently actually saw a slight increase in working memory capacity. Mindfulness practitioners also reported more positive moods and fewer negative moods compared with soldiers who didn't have the training and those who didn't do their homework.

"Their findings really support the idea that you've got to work at it for mindfulness to have this positive impact," Susan Smalley, the director of the Mindful Awareness Research Center at UCLA, told LiveScience. "You not only have to learn it, but you have to practice it."

The research didn't offer a definitive answer as to how mindfulness education changes a person's mood, Smalley said, and more studies are needed to find out if the results can be replicated in larger groups of people. If further research comes to similar conclusions, mindfulness could be used to prepare for typical life stressors, like care-giving for an elderly parent or giving birth.

The results could also benefit other people who require periods of intensive physical, mental and emotional demands on the job, such as firefighters, police officers, other first responders and crisis workers, the researchers say.

"Mindfulness training might be a nice protective addition to our lifestyles," Smalley said.

The research was published in the February issue of the journal *Emotion*.

<http://www.livescience.com/9818-meditation-boost-mood-mental-toughness.html>

# Courses .... Workshops .... Tuition

## ANANDA KUTIR ASHRAM: Integral Yoga

Contact: [info@anandakutir.org.za](mailto:info@anandakutir.org.za); Tel. 021-6961821

### VEDIC ASTROLOGY COURSE

*With Elna McKenzie*

A beginners course designed to give a comprehensive grounding of the principles of Vedic Astrology and will cover lectures on the Philosophy, Planets, Signs, Houses, aspects, Nakshatras (lunar zodiac), Divisional charts and Vimshottari Dasha system. Students get the opportunity to study their own charts as well as those of famous people.

**8 sessions on Saturdays 16h00-17h30**

**Course Dates: 4 Feb – 24 March 2012**

Payment on booking by 28<sup>th</sup> Jan.

**Contribution R480**

### Introduction to the Non-Dual Philosophy of Vedanta

*With Ravi Liebman*

The talks will begin with the brief history of Indian Philosophy, the different schools of philosophy, leading up to Vedanta, which will be an aid to an expanded view of life from an all inclusive, non-dual perspective.

**Course Dates: 3<sup>rd</sup> – 24<sup>th</sup> February**

Fridays 19h00 – 20h00

**Contribution: Donation**

### Workshop: CHAKRAS

*With Swami Vidyanaanda*

Gain the Yogic understanding of Chakras and learn Chakra practices with which you can harmonise your body, mind and soul.

**Date: Sunday, 11<sup>th</sup> March 10h00 – 13h00**

**Contribution: R45.**

**Donation for Tuition**

### Workshop: YOGA FOR PAIN

*With Swami Vidyanaanda*

Everyone experiences emotional pain through their daily relationships and events. How does one deal with this? This workshop will explore the many useful tools and approaches which can help us.

**Date: Sunday, 1<sup>st</sup> April: 10h00 – 13h00**

**Contribution: R80 for DVD.**

**Donation for Tuition**

### Integral Yoga Days

Spend a day at the Ashram to immerse yourself in the practice of Yoga. Rejuvenate and centre yourself through a dedicated day of Yoga.

Each Yoga Day will also have a special focus.

Dates:

➤ **Sunday, 26<sup>th</sup> Feb: The Science of Ayurveda**

➤ **Sunday, 22<sup>nd</sup> Apr: The Yoga of Art**

**Time: 07h00 – 17h00**

Programme includes:

- Hatha Yoga
- Meditation
- Lectures
- Workshops
- Chanting
- Yoga Nidra

**Contribution: R50 for meals**

**Donation for Tuition**

***Booking essential for catering purposes***



**Chris James**  
Everyone is born with a beautiful voice



## Coming to South Africa in 2012 !!

Chris James, Australian singer & teacher, will be visiting South Africa in May/June 2012. Come to experience the healing power of your own voice in the transformational 2 day workshop! Experience the awesome sense of unity and beauty of a 'Community Sing' with Chris.

### **Chris James South Africa tour 23 May – 3 June 2012**

**Early bird special:**

**Book a workshop space & receive 2 Community Sing tickets worth R200-00 FREE!! Valid till 31 March 2012**

### [The Community Sing – an evening](#)

Join Chris in a fun, song and sound experience as you joyfully explore your voice and discover that we were all born with a beautiful voice! These evenings are open to everyone, and are great place to bring friends and family as a light, fun introduction to their joy-full voice. Become part of the harmony and experience the power of your own natural voice. Chris is renowned for his unique ability to instantly unite audiences in song. No experience required. Musicians and singers will be inspired.

**Cape Town** – Wednesday evening **May 23**, 19h00, **R100-00pp**, venue to be confirmed

**Johannesburg** - Wednesday evening **May 30**, 19h00, **R100-00pp**, venue to be confirmed

**BOOK NOW** - <http://tiny.cc/j6wr8>

### [Transformation Through Sound – 2 day workshop](#)

Joyfully explore your voice. Discover that everyone can naturally express with a voice that is beautiful, unique and a true expression of themselves. Deepen your connection between singing, listening, stillness, and healing sound as you develop the quality of your natural voice. Develop self-empowering listening and speaking skills. The gentle inner resonance and strength that you develop will revolutionise your approach to singing and speaking. Everyone is welcome. No experience of singing or music required.

**Cape Town** - **May 26&27**, Erin Hall, Rondebosch **R2000,00pp** (bring & share lunches)

**Johannesburg** - **June 2&3**, Ha Phororo Youth Retreat, Hartbeespoort **R2300,00pp** includes meals (accommodation is optional – highly recommended as a residential retreat – cost of R300.00pp sharing for 2 nights). **BOOK NOW** - <http://tiny.cc/j6wr8>

*About Chris James* - Chris teaches internationally about the healing power of sound, song, voice and meditation. Founder of The International School of Sacred Sound and Patron of The UK College of Sound Healing, Chris is renowned for his ability to unite audiences of thousands in song, facilitate intimate groups and corporate conferences. He has led singing at concerts, festivals and seminars for over 20 years, and conducts Teacher Training Programmes. [www.chrisjames.net](http://www.chrisjames.net)

### **Organised by Christel Engelbrecht – Souljourney**

For more information about these events or to offer help in organising and spreading the word please

Contact **Christel on 082 3967806** or visit: <http://souljourney.co.za/events/chris-james-in-south-africa/>

Contact details:  
**Rashidah Hargey**

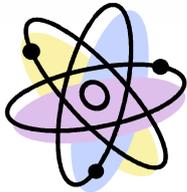
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Information published in this newsletter is intended for general informational purposes only, and should not be construed as medical advice, medical opinion, diagnosis or treatment. It is not a substitute for medical attention. See your health-care professional for medical advice and treatment.



Pic: [Böhringer Friedrich](#)

## ***Bowen Case Study ...***

MTS, aged 24, came to see in January 2011.

He presented with jaw difficulty when eating and talking, and a clicking at the right Temporomandibular Joint. He also reported having a “sandy feeling” at the joint. What was happening is that due to mal-alignment the TMJ jaw bones were grinding onto each other and wearing away.

Enquiring about his history, I was informed that in 2004 he suffered severe injuries when hit by a motor vehicle. The impact of the accident left him with a broken jaw, two broken front teeth and injury to the inner side of the left knee. Emergency surgery followed and his jaw was wired up for a couple of months. He eventually recovered from his facial injuries but the specialist doctor had forewarned of imminent jaw problems in later years.

I treated him weekly over 4 Bowen sessions. A week after the first treatment he reported that his upper and lower jaw did not match. By the second treatment it felt better. After the third session he no longer experienced that sandy feeling at the TMJ. He then had one more treatment. I didn't hear from him again, until a full year later when he contacted me to bring his wife for treatment. When I enquired about his jaw, he reported that it still felt as good as the last time I treatment him!

*Rashidah Hargey, Bowen Therapist - Cape Town SA*

## **TEST YOUR KNOWLEDGE**

1. Near which Egyptian sea port does the Nile flow into the sea?
2. Which word, beginning with S, is the Hebrew word for ‘peace’?
3. In which city is South Africa’s largest mosque?
4. Which Italian city is built on 120 islands, formed by 177 canals?

1. Alexandria 2. Shalom 3. Durban  
4. Venice 5. Musical instrument

Life ends when you stop dreaming...

Hope ends when you stop believing...

Love ends when you stop caring...

Friendship ends when you stop sharing...

Every little smile can touch somebody's heart...

May you find hundreds of reasons to smile today...

May you be the reason for someone else to smile  
always...