



# Natural Connections

*Ireland's FREE Holistic Magazine*

October 2013

[www.natural-connections.com](http://www.natural-connections.com)

Issue 31



## MARY HELEN HENSLEY

Metaphysical healer  
chiropractor and author  
shares her life-  
transforming  
near-death experience

**Also:**

- SHIRLEY MCCLURE on the benefits of Shiatsu
- DONN BRENNAN's Traditions of Health
- As you BREATHE so shall you Live
- Holistic BELLYDANCE
- . . . and much more . . .



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Hello Everyone,

Welcome to our Autumn Edition of *Natural Connections Holistic Magazine*. Thank you again to Mark and Tony at Naas Printing Ltd for sponsoring the colour inside and outside cover and agreeing to do so in future issues. It makes a huge difference to the look of the magazine. Nicola Sedgwick, our graphic designer for this edition has once again done a very professional job. Thank you for your patience and dedication.

We look forward to seeing you at the RDS Mind Body Spirit Festival ([www.mindbodyspirit.ie](http://www.mindbodyspirit.ie)) from 26th to 28th October where we will have a stand to distribute the magazine. Thank you to the MBS Organiser, Mary Sheridan, for her support.

Dr. Mary Helen Hensley is our front cover this edition and her book *Promised* is a very interesting read. So please enjoy the many articles and adverts offering all kind of wonderful courses and therapies from our hard-working therapists.

Blessings

*Yvonne*



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# As You Breathe So Shall You Live

There is a way of breathing,  
That is a shame and a suffocation.  
And there is another kind of breath,  
A love breath, that opens you infinitely.  
— Rumi

**Have you ever watched your breathing – noticed your inhale (taking in life) followed by your exhale (letting go)? How fully and freely do you breathe?**

Eckhart Tolle, in *A New Earth*, explains how: ‘being aware of your breath forces you into the present moment – the key to all inner transformations. Whenever you are conscious of your breath, you are absolutely present. By feeling the subtle flow of air in and out of your body, as well as the rise and fall of your chest and abdomen, you also become aware of your inner body and the ‘felt aliveness’ within you, diffused throughout your whole being. The aliveness that is always there but so often overlooked.”<sup>1</sup>

What is a natural breath? Have you ever watched a baby or an animal breathing – noticed how they engage with the breath fully and freely and how their whole body is involved?

As Alexander Lowen says: ‘Not every part of the body is actively engaged, but every part is affected to a greater or lesser degree by respiratory waves that traverse the body.”<sup>2</sup> When you are breathing naturally, the inhale expands deep in your belly and flows up to fill your chest. As you breathe out, the exhale drops out of your body with ease.

So how did we lose our ability to breathe naturally? In *The Art of Integrative Therapy*, Tilke Plateel-Duer describes how the impact of unpleasant events in our lives affects our capacity to breathe fully and freely. From birth, through childhood and into our teenage and adult years we have blocked out many painful experiences. ‘In order not to feel the pain, we block the experience. How? We stop our breathing. We block the experience in our minds and we create a blockage in our body. Over years, we train ourselves to control our breathing so that we don’t feel too strongly whatever it is we don’t want to experience. We learn to suppress the unhappy moments. However, because we have trained ourselves to cut our energy short, we also block out the more joyful feelings: it’s as if we can hardly stand the amount of aliveness that goes with them.’<sup>3</sup>

Poor breathing patterns become ‘normal’ over time and even the muscles of our breathing apparatus forget how to do their job properly. In fact, we are probably only inhaling about one third of the oxygen our body needs to function optimally. As we continue to restrict our capacity to breathe openly, our muscles generate tension, which over time creates a ‘signature’ in our body posture. This, in turn, affects the way we move and breathe.

Catherine Dowling, author of *Rebirthing and Breathwork*, offers telling words: ‘There are few quicker ways of walking a mile in another person’s shoes than by matching the rhythm of their breathing. Breathe the same way as another person and you get an opportunity to see the world, at least partly, through their eyes. Why? Because one of the least noticed yet fundamental ways we adjusted to events in our life was by altering our breathing patterns.’ Fortunately, the reverse is also true. ‘By breathing consciously and developing a deeper awareness of our breathing patterns we can untangle the tensions and allow unconscious thoughts and emotions to come to the surface to be healed and integrated.’

So, what is the way forward...?

Simply watch your breathing. Learn to notice your inhale and your exhale throughout each day. Feel your feelings, watch your thoughts. Allow your body to relax a little more. Take a moment to allow the breath to move fully and freely in your body. Welcome the ‘felt aliveness’ that infuses your whole being. Don’t overlook it. As you







Claire Haugh and Michael Blake, Co-Organisers of the Global Inspiration Conference (GIC) Ireland 2014

breathe, so shall you live.

In April 2013, over 100 people gathered in Bhimtal in northern India for the Global Inspiration Conference (GIC). They came from more than twenty countries to offer experiential workshops, share ideas and present up-to-date research on the healing power of the breath. This week-long 'Festival of the Breath' is held in a different country each year and is open to anyone to


attend. The 21st Global Inspiration Conference will take place for the first time in Ireland in July 2014. There will be an Open Day during the conference to showcase Breathwork to GPs, midwives, psychiatrists, mental health care practitioners and anyone who may not be familiar with the healing power of the breath. This annual gathering is the creation of the International Breathwork Foundation (IBF), whose purpose is 'to promote a heart-centred approach to Breathwork, its theory and practice, for the expansion of consciousness and for personal and global transformation'.

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1. Eckhart Tolle, *A New Earth*, Penguin Books (2005)
2. Tilke Plateel-Duer, *The Art of Integrative Therapy*, Verlag der Rheinlander, Germany (2010)
3. Catherine Dowling, *Rebirthing and Breathwork*, Piatkus (2000)

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Michael Blake & Claire Haugh

# Touch Therapy for Cancer Clients

## An Innovative and Integrative Approach to Cancer Care has arrived!

(adapted from The Society for Oncology Massage website)

An oncology massage is a client-specific, customized massage session designed to meet the unique and changing needs of someone in treatment for cancer or with a history of cancer treatment. A safe massage plan generally revolves around the side effects (both short- and long-term) of chemotherapy, radiation and surgery.

Oncology massage can only be provided by a massage therapist who has received training in the specifics of cancer and cancer treatment. This training is more about cancer and less about massage. When you are receiving an oncology massage, you are receiving traditional, established massage therapy techniques that have been adapted to account for your unique health situation. The changes that might be made to a massage that make it an 'oncology massage' can fall under any number of categories, but typically they will be related to session length, pressure, positioning and areas of specific compromise or concern like mediports, bone metastases or skin reactions to treatment.

Patients and their caregivers report many and varied changes after massage. A therapist trained in oncology massage can provide a variety of positive effects from relaxation to scar tissue mobilization to pain reduction, but the anecdotal evidence suggests that there are many benefits beyond even these that are enjoyed by people at all stages of the cancer journey.

**General Benefits Prior to Surgery** Deep relaxation • reduced stress • improved sleep • eased constipation • increased alertness and mental clarity • reduced anxiety • less nausea • reduced pain

**Following Surgery** reduced anxiety in advance of surgery • easier recovery from anesthesia • reduced post-surgical pain • improved mobility and appearance of surgical scars • reduced swelling • improved range of motion • easier adaptation to implants and expanders

**Following Radiation or Chemotherapy** Reduced anxiety in advance of and during treatment • reduced post-treatment fatigue • improved appetite • improved peripheral neuropathy

**Emotional Benefits** Decreased anxiety • decreased depression • increased feelings of well-being • being pleasantly distracted • improved body self-image • restored hope • satisfaction in participating actively in a part of the healing process.

[http://christineclintoncancercare.com/touch\\_therapy.html](http://christineclintoncancercare.com/touch_therapy.html)



## Skin Care for Cancer Clients

Each and every one of us has been touched by cancer in some form or another. Any relief or comfort is invaluable to both the patient and those who love them. Christine is a distributor of Lindi Skin products, which were developed in the USA specifically for clients experiencing the discomfort of common side effects of Chemotherapy, Radiation and Surgery. The product line was

developed with the input of an advisory board compiled of Oncologists, Dermatologists and Cancer patients.

Lindi Skin tried and tested products, which range from cooler rolls to moisturizers, contain no harsh chemicals or irritants and deliver botanical and antioxidant benefits directly to the skin. The skin is the largest organ in the body, and as such needs special care and attention following cancer treatments. Christine is dedicated to the belief that integrating traditional and complimentary practices will yield optimum results for long-term wellness.

[http://christineclintoncancercare.com/lindiskin\\_products.html](http://christineclintoncancercare.com/lindiskin_products.html)





# Traditions of Health

Dr Donn Brennan

General Practitioner, Founding President of the Ayurvedic Practitioners Association in the United Kingdom and Director of the European Herbal Practitioners Association



**Indians and Irish have a lot in common. Both have an ancient spiritual culture. Both relate to others with feeling, rather than a cool rational approach. Our traditions of music resonate. Our legends tell similar stories promoting similar values. We have a common history of colonisation.**

However, Ireland lost her traditions of healing when the last of the family lineages of traditional physicians departed with the O'Neills and the O'Donnells from the North of Ireland in the 1700s. Much of the knowledge of healing herbs became lost subsequently when the land was taken from the herbalists.

India managed to retain a lot of her Tradition of Health and has now given the world Ayurveda as a global health tradition, recognised by the World Health Authority. It is fascinating to see how Ayurveda can explain the health benefits of the Irish culture and traditions. Take for example, our festivals, and why we should fast during Lent, in the middle of the winter. To understand this we must describe vata, pitta and kapha.

Medicine primarily diagnoses problems of structure – a cancer or pneumonia, as seen on an X-ray. Ayurveda deals with underlying fundamental dynamics that create structure. The dynamics of movement affects every part of mind and body and is called vata. Similarly pitta is transformation. Kapha is the cohesion with integrates all movements and transformations into structure. People tend to predominate in one or other of these. For instance a vata person is light quick and always on the move. A pitta person thrives on the challenge of change and is a good organiser. Kapha people are steady and grounded. When balanced, your vata gives you enthusiasm and inspiration, your pitta gives ambition and passion and your kapha gives compassion and strength.

Imbalance results in poor health. In fact all discomforts and disease are due to an imbalance in one of these three. For example excess vata gives over-excitement, insomnia, anxiety or movement problems like arthritis or constipation. Pitta in excess gives the inflammation of anger or eczema or colitis. Too much kapha and you may suffer the dullness of depression or are obese.

Of course the trick is to keep your balance. This you do by choosing opposite qualities to whichever is excessive.

You will naturally choose heat if feeling cold. Similarly if vata is excessive more rest, routine and meditation will bring back the balance. If overheating with too much pitta, chill out. A good life-work balance is needed. If kapha is increasing too much then choose exercise and excitation.

This is just one very interesting aspect of a vast wisdom of health which includes meditation, yoga, the greatest pharmacopoeia of herbs for health on earth, sophisticated ways of helping your body to clear toxins, etc. However, the simple strategies of changing diet and lifestyle is very important. In the modern world our greatest health threats are the chronic degenerations like heart disease and cancers. These are at last being understood to be the results of unnatural lifestyles and diets. It is wonderful to see how the most ancient Tradition of Health provides the wisdom for us to heal ourselves today.

Now let us come back to Lent and our festivals. Christmas comes after the season that increases vata – the autumn. It demarcates the time of change from vata season to kapha season. It is all about rest, lovely nourishing foods and home – all of which bring excess vata to balance. Winter is the season that kapha increases and thus we get kapha problems like colds or putting on too much weight or seasonal affective disorder – depression. So we had the healing tradition of Lent – some fasting. Unfortunately we are losing our traditions and our culture. Perhaps this is one reason for the increase of kapha health problems like allergies and asthma nowadays. Similarly Easter marks a change from kapha towards pitta season.

The beauty of Ayurveda is that it empowers us in Ireland to create better health and even to understand better and appreciate our ancient culture and traditions. Ayurveda is an amazing gift that India has given to the world.

Contact Donn Brennan at  
012845742 or  
[www.ayurveda.ie](http://www.ayurveda.ie)



# Dr Mary Helen Hensley

## Metaphysical Healer & Doctor of Chiropractic



Dr Mary Helen Hensley's marriage of no-holds-barred humour and honesty with integrity and compassion make her one of Ireland's most sought-after metaphysical healers and synergistic speakers. With a Bachelor of Arts in Communications and Graphic Design, Mary Helen went on to receive a Doctorate of Chiropractic in America. She has spent the last ten years building her practice in Athlone, Ireland, and has facilitated the healing process for countless individuals, all referred to her by word-of-mouth. Mary Helen balances her time between her work as a doctor, healer and writer with helping her two daughters to develop the unique metaphysical gifts with which they, too, have been blessed.

In 1991, Mary Helen was involved in a car accident that was to change her life forever. With vivid clarity, she was able to recount all that took place during her near-death experience along with a reconnection with her life's purpose.

Riddled with a host of injuries from being crushed in the crash,

Mary Helen attended a chiropractor to begin her own journey back to health. She became so intrigued by the education she received while under her chiropractor's care, that she made the decision to return to school and become a Doctor of Chiropractic. Mary Helen has been educating and caring for the health and well-being of her patients since 1998.

Following her near-death experience, she began to realise that her previous skills of communicating with those in spirit had become so much more. A series of incredible, serendipitous events led her to develop her newfound ability to facilitate the healing process. By touching an individual she found herself able to 'read' their ethereal field, and this was enhanced by the gift to see future events. By linking herself to the individual's history, gaining insights into how past experiences were creating that person's present reality, regarding their physical, emotional and spiritual health, she was able to facilitate healing. By creating a new awareness,

Mary Helen has helped hundreds turn anguish to insight, distress to discernment and heartbreak to healing. Many individuals have healed themselves of life-threatening diseases under her guidance, reclaiming their lives and moving forward with a new understanding of the intricate links between the mind, body and spirit. Mary Helen has also assisted numerous people with experiencing the death process with grace, dignity and understanding, bringing perspective to life lessons, and removing the fear that is so often associated with crossing over.

Mary Helen has written three books, which she calls the Promised trilogy: *Promised*, *Circles of Light* and *The Land Beyond the River*.

## Excerpts from *Promised*

by Dr Mary Helen Hensley

**The day was unusually warm, even for South Carolina. It was 14 December 1991, and I was on my way to a Christmas party.**

Waiting for my lights to turn green, I had no idea that the crossroads before me was to be the metaphorical and metaphysical crossroads of my life. As I drove through the intersection, I looked into the far lane of traffic and could see a car racing towards me. I quickly realised the driver had absolutely no intention of stopping at the red light. I didn't have time to break or swerve, and due to the fact that I was about to take a direct hit to the driver's side door, I knew I didn't stand a chance.

Time ground to a halt as I felt my body brace for the collision. Then a funny thing happened. I was consumed with a clarity I am still unable to adequately describe. I had the distinct choice of remaining in my body,

experiencing the impact with all senses intact, or I could simply exit, allowing the remainder of the scene to unfold without having to view the imminent sensation of having my body crushed.

It felt as if I had all the time in the world to make this decision – time truly can stand still. I was overwhelmed with certainty that I had been there and done that so many times before, and I sensed I had nothing to gain from experiencing this impact *inside* my body. It was this choice that shaped the rest of my life. Because this time, unlike the countless times before, *I remembered dying*. Call it evolution of the spirit or an old soul finally figuring it all out. At that moment, I became engulfed by the peace that passes all understanding. I was comfortable with the familiarity of it all as I recognised that I was not about to become a victim of death, but an active participant in my own passing.



Time resumed at an explosive rate as I catapulted up and out of my body. I looked on with peculiar and detached interest as I watched the crash take place. Now out of my body, I noticed that a friend from college had been only a few cars behind me at the same stop light and observed her horror as she recognised the mangled body that was trapped inside my car. I also saw a lady, who was either in a rush to be somewhere else, or too afraid to get involved at the time, run over to the car, placing her name and phone number on the front seat passenger side. A man in uniform reached in, turned the ignition off and frantically looked to see if he could pull me out.

As I began to gather my wits, I comprehended that I was transitioning from life into death, and one of my greatest childhood fears was instantaneously dissolved. I always had a terrible dread that when we die, we ceased to exist. It was a ridiculous fear for me to have, since I had been exposed to so many extraordinary paranormal experiences earlier in my life. I was overjoyed to realise that I knew exactly who I was, with all memories intact, but with a complete lack of concern to my body and the end of the life I had been living only moments before.

I know people have described near-death experiences with the 'tunnel of light'. I will however, never forget the *sound* that accompanied me on my journey. It was the most bizarre buzzing sound, unlike any hum I have ever heard. It was present as I watched what happened on the ground. However, a most beautiful drone replaced it as I landed in a magnificent bright light. One second I was hovering above my car, then, in a flash, I was somewhere else. Somewhere so amazing that my human mind and my limited vocabulary could never articulate its awe-inspiring beauty.

**In a flash, I was somewhere else  
... somewhere so AMAZING that  
my human mind and limited  
vocabulary could never articulate  
its awe-inspiring beauty.**

I became conscious of two beings, illuminated by the most stunning backdrop of light I have ever seen. The colours weren't from our world, as I have never seen such translucence in a rainbow or vibrant shades in any work of art. I was surrounded by a mixture of a distant relative of magenta with a shimmering pearly sheen. The atmosphere seemed to breathe this unusual colour with a palpable texture – I could feel it all around me. These two beings appeared to be part of these colours yet took on a solid and recognisable human form. They were wearing what resembled flowing gowns, but the caramel-coloured material from which the gowns were made looked to be a part of them, as opposed to separate pieces of clothing.

They greeted me with a love and joy so pure – it was as if I felt myself melt right into them. For a moment I became that extraordinary colour of light and could feel it coursing through my soul, cleansing me and welcoming me home.

It was perfectly clear that the spirits before me were not friends or family from the life I had just left. They were guardians that had spanned millennia with me, watching and guiding lovingly from this place that was becoming more familiar as each second passed.

The stories were true! These were my guys, my spiritual watchdogs. They really existed! They were there to assist me in my transition from living in the physical world to life on the spiritual plane. I was now becoming fully aware of how I had known these beings, sharing the excitement of this reunion. I soon realised that we

were not speaking in the manner I had been accustomed to in my earthly existence. We were sharing from our hearts, soul to soul, in a universal language that knew no bounds or limitations.

I was flooded with memories of how it all began. – an odyssey of adventures as my lifetimes unfurled before me. The backdrop of colour that greeted me on my arrival was now like a cinema screen, surrounding me 360 degrees and in multiple dimensions. In a single instance, it all became crystal clear. I was ready to examine the story of my life. With the interest of an actress critiquing her own performance it was like watching a film with your best friends.

How startling it was to see how tiny gestures had snowballed into life-changing moments for those witnessed them, and how heartbreaking it was to see the same effect with thoughtless acts and unkind words. Still, I watched, taking mental notes as to where I had been excellent and taken on soul-inspiring lessons about the importance of kindness and compassion in *all* situations. I became painfully aware of how, along the course of history, the phrase 'judge not lest you be judged' had been invariably altered, losing its most vital points – that no one great deity judges us in the end: it is we who must judge our own performances. A daunting prospect when watching your life play out in front of you, aware of all the contents of each season, unable to change them, and





knowing what's coming next.

To adequately and fully describe all that went on during that journey back to the Source of Life would take volumes. Also, many details as to the inner workings of life's greatest secrets were hidden behind a veil of forgetfulness which those in spirit must have felt was necessary to conceal, so those that return may live a productive life. To pine away for the splendour of love of that extraordinary place would be to throw away the precious short time we have in this world.

One of the benefits, or burdens, of remembering your death, is a feeling of tremendous responsibility to always try to do the right thing. The intensity of emotion while witnessing my life story is one that I will never be able to translate appropriately. Remembering beyond the veil carries an indescribable sense of knowing that isn't always that easy to live up to when dealing with others, especially those who don't remember what lies ahead. It gives new meaning to rising to the occasion, turning the other cheek, and all of the other clichés to which we have become numb. I think of the quote: 'A hero is someone who is excellent when no one is looking. But guess what, heroes – someone is looking and it is *you*.'

**I became aware that . . . no one great deity judges us in the end: it is WE who must judge our own performances.**

I think it is important to state that reincarnation is a *fact*. It's not a dreamy fantasy those who are afraid to die soothe themselves with in order to quell their fears or lessen their apprehension. I will emphatically profess, without any reservation, *we have lived before*. Also, we don't jump in and out of 'Earth School' – we work our way through until we feel we have exhausted all offered and can move on. I had experiences of this knowledge as a child, and now I stood face-to-face with the reality that life really does go on.

It was the relaxed and very familiar way the Guardians guided me through the journey of my life that made all this so evident. While watching the stories of my life, I was building on the knowledge and information gathered from previous lifetimes. It all became obvious during this process, which also made it easy to disengage from any feelings of blame, resentment, or anger towards missed opportunities or accomplishment in the life I had just left. The prospect of moving up and onward in a different body, with a different set of circumstances, was patiently waiting around the corner.

I discovered that we are like actors in a guild that tend to incarnate together, taking on various roles in different lifetimes. As for soul mates, I discovered that we had

many. What we need to remember, as we get caught up in romantic notions of finding our one true soul mate, is that we may have decided long ago to experience life with several of our soul mates, as friends, family or lovers. We play our roles in one another's lives, loosely following a script that allows the freedom of improvisation at each actor's discretion.

The term 'soul group' has been used to describe these players. Members of a soul group tend to incarnate together, teaching or learning a similar set of lessons in conjunction with the other members of the group. They support one another through many journeys, and certain themes have a tendency to appear consistently, as each member strives to reach a new level of spiritual awareness. It is a most amazing approach to living and one that will never allow the human race to grow tired of itself.

I was overcome with a new zest for living and a tremendous feeling of recommitment to my life on earth. My spiritual teachers, the Guardians, knew before I breathed this thought: I was going to go back. I recognised that I just wasn't finished yet. We do have that choice, and as I learned that day, there are many opportunities to leave this life, *if we choose to take them*. These are what I call portals of exit. They are the near misses – we've all had them – close calls, and the miraculous recovery by the grace of God, the times when 'someone was definitely looking out for me'.

I learned that our higher selves are well aware of these portals; it is our own souls that determine how and when we use them. I had just squeezed through a portal to study my performance rather than letting it pass me by. I was now preparing to shove myself back through it, with a new vision from a place I now remember as home.

The spirits impressed upon me that there is not one life set in stone. That would be incongruent with the way the rest of the universe operates. Free will, it's been called in the past, but it's more like *thy* will be done – on Earth, as it is in Heaven. I had always thought that *thy* will meant God's will, when in actuality, it means our own free will and what we choose to do with it.

Portals of exit give us a chance to be authors of our own stories, not puppets on a string, doing the bidding of an unwavering or disinterested master. We can write and rewrite stories as we go along, with the guidance of spiritual companions and departed loved ones. It is the most amazing part of the grand plan. We have been given the tools to experience ourselves in life for as long or as short as we choose, with as much happiness and health, or as much pain and suffering as we see fit in order to learn the lessons of growth and development that this earthly school has to offer. Thankfully, I retain that memory; it is the keystone on which I have built the foundation of my entire life.

I had been given a wonderful gift. The chance to live on, make changes and begin a new direction in life,



complete with fresh memories of where I come from, *the place where all of us have come from*. I had also been given specific impressions of how my life would change when I returned. Things would definitely not be the same. I would go back into my body, with access to different gifts and abilities that I had not been privy to before the accident. The bar has been raised, and so much more was going to be expected of me, if I chose to follow this path. I knew that this course of action was not going to be easy; however, with this endowment also came a promise: constant guidance and support, if only I would open my heart and allow myself to receive.

With no tearful goodbyes – in fact with no farewells at all – I heard a deafening, whooshing noise. It sounded so harsh compared to the environment I had just been in. Pain and terror was the next thing is I felt as I was sucked back into my body, which was now out of the wreckage and lying on the road. I have no memory of how I got there, but I know I had regained consciousness before the ambulance arrived.

Unbelievably, I was released from the hospital just a

short time later, never scanned or x-rayed, and riddled with a host of unidentified and very serious injuries. I have since developed a greater understanding as to why this was all part of the plan. Each wound brought me closer to the new path that had been laid out before me.

Divine timing was most certainly at work.

It was a long time before I told my family what really happened. I just didn't think they were ready. As I now realise, it was me who wasn't able to share.

The young girl who had always experienced the peculiar dreams and visions – she who communed freely with spirits as a child – was now about to understand why her entire life had been leading to

this, this serendipitous 'accident', this glimpse of another world, and most of all, the incredible new course that life was about to take.

*To book individual healing sessions with Dr Mary Helen Hensley, contact Mairead Conlon at Spirit One Seminars., tel: 087 7468583. For details of future workshops with Mary Helen contact [www.spiritoneseminars.com](http://www.spiritoneseminars.com).*

*Also see advertisement on this page.*

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# Holistic Bellydance

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**Egyptian dance is the most ancient form of dance in the world. It is at least 5,000 years old and maybe as old as 10,000 years. What is mistakenly called 'bellydance' encompasses a broad range of Arabic, Turkish, Brazilian and even Indian dance and music.**

You may ask, why bother learning? I can only tell you what it has done for me and what I have personally gained from it.

I have had many challenges in my life, and dance, most especially bellydance, has helped me cope and made me stronger. I was born with Juvenile Diabetes Melitus, which means I have to take injections every day of my life to stay alive. It also meant that my eyesight was severely affected when I was twenty-six years old, and I went completely blind by the age of thirty. In spite of six eye operations I have no sight in the accepted sense of the word.

However, within about two weeks of loss of sight, an amazing thing happened. I began experiencing past lives in full colour and also started seeing angels - and animals! - who spoke to me. Quite honestly, I was pretty much freaked out, wondering what on earth was happening. It was when I finally got to meet

the famous Paddy McMahon

that I started to make sense of things. He explained what was happening and also WHY. Since then, my spirituality has grown and developed. I now help others through the medium of dance physically, emotionally and spiritually.

I have been dancing since 1974 and qualified as a teacher of classical ballet by the time I was twenty years old. You can probably guess how devastated I felt when



my last eye operation failed, and I was told it was very unlikely that I would ever perform or teach dance again.

As I came to terms with my life of blindness, I was blessed with my inner eye being opened. My ear for music completely changed as well. For the first time in my life, I was drawn to Middle Eastern music. I had always been a rhythmical dancer, so this form of music suited me perfectly. I discovered a whole new world of dance and even won a belly dance competition in Turkey without ever having seen it performed. Past lives or what!!

I am very lucky to have a profession that I thoroughly enjoy. Bellydance started as a hobby and over the years it has brought me to places beyond my wildest dreams. It has also kept me trim and fit, and looking younger than my age. This form of dance has given me tremendous confidence and self-esteem which I just didn't have before. I also love the glamour side of it - I really enjoy wearing the elaborate costumes, as well as the wonderful headgear and gorgeous jewellery.







Dance is a celebration of life through music and rhythm. When people come together to dance they are celebrating the life in themselves and all about them. With bellydancing, I found that it was a wonderful way to clear the chakras, and raise energy levels. It is also a terrific way to achieve body and mind fitness. Furthermore, it is excellent for strengthening lower back muscles and the pelvic floor.

During my workshops and classes, I guide participants to dance to the best of their abilities. One thing I want to get across is that learning bellydance takes time, patience and practise. It takes about three lessons to really get into it, and feel the benefits.

Last but not least is the fun and joy element. Bellydance evokes from people a high level of good humour, and everyone goes home from my classes in better form.

Countries I have performed in include Egypt, Tunisia, Morocco, Brazil and Turkey. This form of dance has profoundly helped to develop the spiritual part of me, and for that I am truly grateful.

You can contact Valerie at:

01 2963856 or [valdance@eircom.net](mailto:valdance@eircom.net).

[www.bellydanceireland.com](http://www.bellydanceireland.com)

See also her advertisement below

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# New parents, new life

Maria Jesus Marin Lopez

As a new mom I have plenty of joys and fears. There is so much information around, so many contradicting opinions about bringing up your child.

Everyone seems to have a very strong opinion about what to do or not, what's right or wrong. To vaccinate – not to vaccinate. To feed on demand – to feed on schedule. To attend every cry – to let your baby cry. To breast feed – to bottle feed. The list is endless! And as a new mom if you listen to every single opinion it can be quite overwhelming. I guess all we can do is to listen to our own inner voice as there is no right or wrong way of doing these things. I guess you just have to pick the method that suits you and mirrors your belief system.

When I was in school we were told that we start to raise our children from the moment we are born. This didn't make much sense when I was a little girl but now it makes perfect sense. As a parent, every experience in my life, my values, how I treat myself and others come out of who I am and it is this that is truly passed on to our children.

It's not so much what we tell them or even how we behave but who we are that they learn from. What we don't own in ourselves we project onto our children by telling them how to behave in ways that we don't behave ourselves. That's why I encourage myself to keep looking deep within and see what unhealthy unconscious patterns I hold so that I can become conscious of them and heal them so that they don't need to play out in my parenting.

Before I conceived my little angel, myself and my husband made the conscious decisions that we wanted to have a child. As soon as we made that decision I went through a very intense two-year healing experience where



I had to strip myself of old family patterns, limiting beliefs and irrational fears. Before I started this journey I hadn't fully realized how fearful I was of being a mother. I consciously decided I didn't want to pass on to my child any unresolved emotional issues I had so I went through a very intense journey of looking within.

It was painful at times as I had to heal my relationship with my own mother and father. I had a very strong co-dependent relationship with my mom that was depriving me from being a woman. That little girl needed to grow up as a girl cannot be a mother. I had to heal the emotions of an unsupportive and absent father. Because of my upbringing I was afraid that I wouldn't get the financial support from my husband. If we were married and both of us had decided to have this child our finances needed to come together. I didn't want to feel like I was getting charity as I was focusing my energy on raising our child. For me to voice this to him was one of the most empowering conversations we ever had. I was showing him my vulnerability and in that moment I didn't feel alone anymore. In that moment I had changed my family pattern and I really knew that we were doing this together.

Before I became pregnant I always thought that I would



be creating this little one but while pregnant I realized that this being was creating itself, and I was the nurturing host. My job was to create a safe and harmonious environment for him to thrive in. I also learned that this child didn't belong to me, he wasn't my property. I was meant to protect, shelter and nurture him so that he could flourish and express his full potential. It's not my job to teach him who he is as he is the only one that can do that. I am to teach him, to the best of my ability, the ways of this world.

I also had to take into consideration that my husband was also part of this process. I was holding the umbilical cord that brings in nourishment and helps the physical body of the baby to grow and develop, while my husband was holding an emotional and spiritual space for the baby and me. Because of this sacred space that he was creating I didn't have any cravings or emotional ups and downs. I felt held and safe. I see the man's role in the whole process as a lot more important than people give it credit for. Woman holds space for the development of matter, and Man holds space and anchors spirit. Together in Sacred Union they create a new life.

After many years working with clients I was very aware of the effects of birth trauma (c-section, long labour, complications, etc.) which, when left unresolved, can create feelings of guilt, inferiority or even unworthiness as well

as complications in conceiving.

I wanted to give my child the gift of an empowering birth experience. I realized that this was his birth and I was facilitating this for him. I wanted him to be in his power. We had planned a home birth, and did hypnobirthing to create the right mind set. We watched videos of natural water births, and healed our family wounds. We had a plan and we were ready!

But things didn't go to plan. We were two weeks late and we had to go to hospital and be induced. Even though this wasn't 'our plan' we surrendered to it and still gave our son an empowering birth.

At this point, for me, it wasn't anymore about the scenario but about my connection with my baby. It was my commitment to facilitate his birthing experience in a loving and safe way.

We had a natural birth without pain relief and it was wonderful to feel him entering this world. When he was placed on my chest it was a magical moment. The three of us were family, linked forever.

Three months on I experience motherhood as an act of service, giving myself unconditionally to the little one. My heart is open and my soul is full of joy! I'm so grateful you've chosen me as your mom, I'm committed to loving you!

Every night before we go to sleep I whisper in my little one's ears:

I'm grateful for your presence  
and the gifts that you bear.

It's not my intention to break your spirit –  
I wish to help you to embrace it.

I'm grateful you chose me as your mother,  
your guide, your companion.

I'm grateful for the way  
that your eyes look into mine,  
straight into my soul,  
allowing me to see who I am.

I wish to help you to be strong in yourself,  
to be fully who you are so that  
you never have to apologise for being you.

It's not my job to teach you to be who you are  
but to create a safe environment  
so that you can shine  
in your own light.

	<p><b>Maria Jesus Marin Lopez</b> Therapist, Teacher, Author &amp; Inspirational Speaker</p> <p><i>Maria Jesus works in the area of relationships, empowering people to deal with the inner challenges that block and limit loving conscious connections.</i></p> <p><a href="http://www.empowered-relationships.com">www.empowered-relationships.com</a> 086 866 45 08</p>
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Maria Jesus Marin Lopez is a Breakthrough Parenting teacher and therapist. She is passionate about helping people create empowered relationships.  
[www.empowered-relationships.com](http://www.empowered-relationships.com)

# Shiatsu College Dublin

## Shirley McClure

**Shiatsu Practitioner and Senior Tutor,  
Shiatsu College Dublin**

**As someone who has been working with Shiatsu therapy for over twenty years, and teaching Shiatsu for almost as long, it was exciting for me to be involved this year in creating and teaching a brand new training in Japanese Massage.**

This is a one-year certificate course offered by the Shiatsu College, Dublin, a school with a good track record based at the Healthy Way, Leixlip. The Healthy Way, Ralph Square, is located right beside the river Liffey and its striking 24-metre-high Victorian dam. It is a fantastic place from which to observe canoeists zapping by in the annual Liffey Descent, or to enjoy the bluebells along the river bank over lunch at picnic tables next to the College.

The Certificate in Japanese Massage is a stand-alone certificate course held over ten weekends which also serves as year one of the three-year part-time Shiatsu Diploma Course. Whilst many of the students plan to continue for the three years to become fully qualified Shiatsu practitioners, others will use the one-year training to complement existing diplomas in massage, acupuncture or beauty therapy. Each module has a distinct emphasis and theme and the course is designed so that some modules can be taken individually.

The certificate year focuses on developing students' awareness of the client's body with emphasis on using the traditional methods of the Japanese massage therapy called Shiatsu. Its primarily experiential -giving and receiving bodywork is the core of the course. This includes sensing energy (Ki), essential Shiatsu techniques including meridian stretches and pressure points for common ailments, developing the intuition and Oriental Energetic Principles. Chair Shiatsu can be taken as a distinct module as long as students cover some basic techniques over a couple of introductory weekends.

What's different about this course is its emphasis on excellence in bodywork. There's no avoiding a certain amount of theory, but here the focus is on working with clients, either on the futon or the plinth, in whatever position is comfortable for them, using a wide range of interventions and tools to improve posture, tension, energy levels, mood and organ function. The practitioner



with a certificate in Japanese Bodywork can get insurance from Balen's and set up a practice right away.

Why create a new course? Realistically, we observed that although there has consistently been a high volume of interest in our foundation courses in Shiatsu, many potential students are not in a position to commit to the financial outlay of a three-year training. On the other hand, we have had many enquiries from massage and other CAM therapists looking to add to their skill-base.

The huge interest currently in mindfulness also links well with traditional Japanese massage, whose roots are in Traditional Chinese Medicine and its acknowledgement of mind, emotions and spirit, as well as body. Classes begin with do-in (self-massage), meridian self-stretching, Qigong and meditation. Unlike many CAM trainings, Japanese Bodywork and Shiatsu courses aim to 'heal the healer' so she or he can be more present to the client.

For information about Foundation courses  
and the next training course in Japanese massage,  
Contact Shiatsu College Dublin  
on 087 2613355 or [helena@shiatsu.ie](mailto:helena@shiatsu.ie).  
[www.shiatsu.ie](http://www.shiatsu.ie)



# Journey of a Shiatsu Student/Practitioner

## Rebecca Allen

I found Shiatsu when grieving the death of my father thirteen years ago. I'd no idea what to expect but during my treatment a lot of things happened. I experienced profound relaxation and I let go of muscles I hadn't even realised were tense. As well as the physical release, emotions moved, changed and clarified within me. I'd been struggling with grieving, feeling lost and overwhelmed. I was holding in my own body the trauma of watching my father through his illness. Having spent time being strong to support him, it was then hard to let that go when it was safe to do so. Shiatsu helped me to move forward with my natural grieving process.

I later turned to Shiatsu for help with fertility issues, then the death of my mother and again during marriage break-up. Shiatsu has moved me so much that I decided to become a practitioner so I could give something back. It has been an important and valued aid through my life journey and continued positive personal growth.

Now I use Shiatsu and guided meditation to help my own clients remain healthy by reducing and managing stress. I also support those during illness and recovery in tandem with their medical treatment.



Managing stress allows your body to naturally focus its energies on staying healthy, overcoming illness and maintain constant repair. Drawing from my own personal experiences I also specialise in working with recently separated or bereaved women.

[www.RebeccaAllenClinic.com](http://www.RebeccaAllenClinic.com)

*Rebecca studied at Shiatsu College Dublin.*



# The True Role of a Spiritual Medium

## Mary Meade

**Isn't it strange to think that in a world of advanced technology such as radio, television, smart phones, internet etc. there still remains a lot of confusion and misconception surrounding the whole area of 'intuitive' and 'sensitive' people such as mediums and psychics?**

It seems that the terms clairvoyant, medium, psychic and fortune teller have all somehow been crammed under the umbrella of 'entertainment'. Advertisements for 'psychic hot lines' can be seen during TV ads, on social media sites, or anytime the word 'psychic' is keyed into a search engines.

Is it any wonder why so many people find the whole area of psychics and mediums laughable when there are television channels dedicated to 'ghost busting' programmes where the medium is followed around by a team of camera men and a presenter who 'jumps' every time there's a sound in the background. Sadly, many people believe these shows to be 'real' and in doing so grow fearful of mediums, thinking that all mediums do is go around chasing ghosts from old buildings and haunted houses.

Well, on behalf of myself and other dedicated spiritual mediums out there I would like to 'put the record straight' in regards to what the differences are between the terms medium, psychic, clairvoyant and fortune teller. Hopefully this will help readers to understand what to expect when booking their next reading or sitting.

First of all let me say that each and every one of us is born with psychic abilities. These gifts can be nurtured and developed in anyone who chooses to work with their intuition and sensitivity. There is no great mystery to it and certainly nothing to be afraid of when working with your sixth sense. As a matter of fact, everyone works with a small percentage of their intuition every day. For example, you might suddenly start thinking about someone you know, and then out of the blue a little while later the phone rings and guess what? Your right, it's them! This happened to a friend's mum Peggy, so much so she decided to wait each time someone strongly came to mind, and not phone them immediately as eventually they would ring her. To her delight she saved a little each month on her phone bill. Without realising it Peggy was using her intuitive abilities.

Now, let me explain the following terms so you can understand them for the next time you hear them being used.



**Psychics** – are those who tune into the energy (aura) of the person they are working with. This is how they can pick up on past and present situations in a client's energy field using all their intuitive senses.

**Mediums** – have finely tuned psychic senses as well as the ability to communicate with those in the world of spirit. The main focus of a medium's work is to bring messages of love, comfort, guidance and healing through to their clients from loved ones, guides and Angelic helpers. All mediums are psychic but not all psychics are mediums.

**Fortune Tellers** - are basically psychics who use divination tools such as tarot cards, crystal balls, and rune stones to predict a person's past, present and future based on the information they receive from the tools they are working with and the person's energy they are tuned into.

The terms *clairvoyance*, *clairaudience*, *clairsentience*, and *claircognizance* are used to describe the strongest psychic abilities a person works with. A very brief description of each follows.

**Clairvoyance** means 'clear seeing', the ability to perceive things outside the normal senses such as images that flash into the mind, future events, symbols, images of another person's life events etc.

**Clairaudience** means 'clear hearing', the ability to hear voices of those in spirit, be that spirit guides, loved ones or spiritual helpers.

**Clairsentience** means 'clear feeling' the ability to feel or sense things about another person, place or object. Most healers work with this ability. This is why they will sometime find themselves 'mirroring' their clients emotions, pain or physical discomfort briefly when they are giving healing. These symptoms usually pass as soon as the healer recognises that they are not their own.



**Claircognizance** is ‘clear knowing’. It is when you just suddenly know something to be true, even though you didn’t see it, hear it or feel it. You just know it. A simple example would be you knowing a person is pregnant before they are even aware of it themselves.

So you see, when you break all these terms down, they are only describing abilities that we all have to some degree. When we embrace these abilities within ourselves they become very powerful tools to help us not only in our personal lives but also in our work as healers, therapists, counsellors and so on.

Today, I was once again reminded what a privilege and honour it is to be able to share in the very precious and tender moments between a client and her loved one in spirit when I gave a mediumship sitting to my eldest client to date. She was a lady of seventy-five years young.

Rose had come to see me after hearing about me from her grandson’s girlfriend who had come to see me a few weeks previously. It seems that after listening to what this girl had to say about her reading with me that Rose wondered if I could perhaps help her with a few problems that she herself was experiencing. Her grandson phoned me and asked if I would see his grandmother. I said I would be happy to do so.

The next day Rose arrived with her grandson. When I opened the door I was taken aback by how beautiful and young-looking Rose was. It came to mind that there was no way she looked the age of her calendar years and I couldn’t help but compliment her on how well she looked as I led her down the hall to the healing room. Her grandson was happy to wait for her in the sitting room.

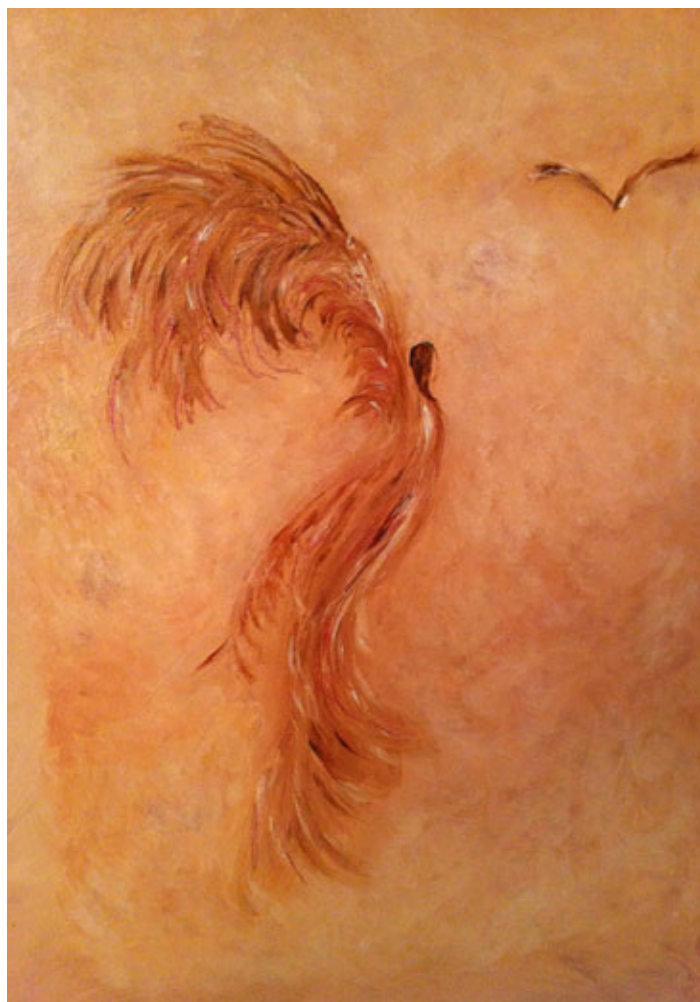
Once I had made Rose comfortable, I took my seat and began to explain to her how I worked with Spirit. As I was doing this, my attention was brought to one side of Rose. I could see the spirit of a man forming and as he did so I heard him say, ‘I’m Rose’s dad. Please tell her that I am here and I travelled with her on the journey here.’

I acknowledged his presence with a slight nod of my head and finished what I was saying to Rose before passing on his message. Rose smiled before replying. ‘That’s very interesting because I was thinking of him all the way here.’ Her dad moved closer to her and placed his hand on her shoulder as he continued with his message. ‘Please tell Rose I was with her at the hospital and she need not worry, she still has a lot of living to do yet.’

When I said this to Rose she let out a sigh of relief before telling me a little about her medical history. She had been very ill a few months previously and was worried that she was going to die. Hearing her father’s reassuring words touched her deeply and she said. ‘Tell him thank you from me,’ as she wiped her eyes with a tissue.

‘I don’t need to tell him, Rose,’ I said. ‘He can hear you and knows how you feel.’

I gave her a few moments before continuing. The next



part of her father’s message was the highlight of Rose’s sitting. Her father requested me to ask, ‘Did she like the music?’

As soon as Rose heard this she beamed a great smile.

‘I found a CD of piano music in the pound shop the other day. I only discovered when I got home that it had a piece of music on it that my father would play to me as a child,’ she explained. ‘I keep playing it over and over again and every time I do I can see images of my father.’

The energy of love between Rose and her dad’s spirit was so tangible and beautiful that I began to cry. I could see and feel the connection between father and daughter, and felt honoured and privileged to witness the healing that was taking place right in front of my eyes.

I continued to pass messages to Rose for a while longer. Before leaving she hugged me tight and said, ‘God bless you, Mary for what you have done for me today. You have a very special gift.’ I returned her hug with the words, ‘Be happy, Rose, in all that you do. You are very special too.’

There is no greater joy than that of creating it for others. This is how I would sum up in a few words the reason why I love the work I do as a medium and healer. To be able to turn frowns to smiles, tears to laughter and bring comfort to broken hearts is the greatest gift that anyone could ask for as a channel for Spirit.

This is why I continue to devote my time, my energy and my life to be of service to Spirit, service to others and of course to be of service to myself by fulfilling

my purpose in this life. Long may Spirit work with me in allowing me to continue to be a channel, for I am extremely blessed.

Love and blessings, Mary

### About Mary

Mary Meade is a natural-born medium and one of Ireland's most respected spiritual mediums. She holds diplomas in a number of therapies but her true area of expertise is working as a channel for the world of spirit. Her journey into the field of holistic and complementary therapies began over twenty years ago when she began her probationary healer training with the NFSH National Federation of Spiritual Healers, now known as THT Healing Trust. In 2010 Mary proudly took her Tutor panel with THT Healing Trust in the UK and is now

one of 4 fully licenced Tutors here in Ireland – who can provide and facilitate fully accredited healer foundation trainings parts 1 – 4.

Mary also provides and facilitates her own courses and workshops in psychic development which she has personally tailored from her own experiences working as a channel for the world of Spirit. She also teaches workshops and classes in personal and spiritual development. In 2008 Mary began channelling intuitive paintings which she calls *Soul Prints*. She is currently working on a collection of these paintings and will show them at a forthcoming exhibition in Spring 2014. Mary is available for private one-to-one appointments in both Cavan and Dublin.

For more information on her work please phone 087 4104519 or email [marymedium@gmail.com](mailto:marymedium@gmail.com).

Mary's personal website is under construction at present but will be launched shortly as [www.marymedium.ie](http://www.marymedium.ie)



#### **Sound Meditation Using Music and Tibetan Bowls**

Sat 27th October 2013 9.30 a.m.–4.30 p.m.

Facilitator: Martina Barrett

Venue: Kachina

#### **First Aid Refresher**

November 2013 - date to be finalised.

Facilitator: Emanon Berry.

Venue: Kachina

This course is strictly for therapists who need to renew their First Aid Certification.

#### **Francesca Brown Private Angel Readings**

26th November – 1st December 2013

Venue: Kachina

#### **Anatomy & Physiology**

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**[WWW.COLOURENERGYTHERAPIES.CO.UK](http://WWW.COLOURENERGYTHERAPIES.CO.UK)**

# Yes you can draw!

**Nicola Sedgwick**

**Artist and teacher**



Everyone can draw. It is wrong to think that only a few talented souls can wield a pencil and draw exactly what they see. So many times over the years people say to me, 'Oh, I can't even draw a straight line.' This is why I make the exercise of 'drawing a straight line' one of the first things I teach beginner artists.



Children love to draw and paint, and it is wonderful to see how they express themselves so easily. However, this creativity is often put away as the years pass. This happens when they are old enough to see that the pictures they draw do not reflect true representations of what they see or imagine. They are disappointed in themselves, and stop drawing. They look wistfully to the one or two artistically gifted children in their midst, and move on to seemingly more achievable things.

**Everyone is born with some talent or skill - everyone has come to earth with a special gift. It is good to honour and use these gifts to enrich ourselves and the world around us.** My gift was that I was always able to know how to draw realistically. I took my ability for granted, and just enjoyed the process. It didn't enter my head as I was growing up that one could teach

people to see in this different, creative way, and thereby enable them to draw.

It was only many years later when I was asked for the umpteenth time, 'How do you draw?' that I stopped and really began to think of how I manifested my work. My standard not-very-helpful answer back then was,

'I just do it.' Well, that wasn't good enough any more. I sat down and decided to get the know-how out of my head and onto paper. As I delved into my research I found it was surprisingly beneficial to categorise the mish-mash of information I had, because it made me more aware of how I worked, which led to me becoming more focussed and a better artist. I found that many of the methods I used were also used by artists over the centuries. They were available in some art manuals, but were too often explained in ways that were hard to comprehend.

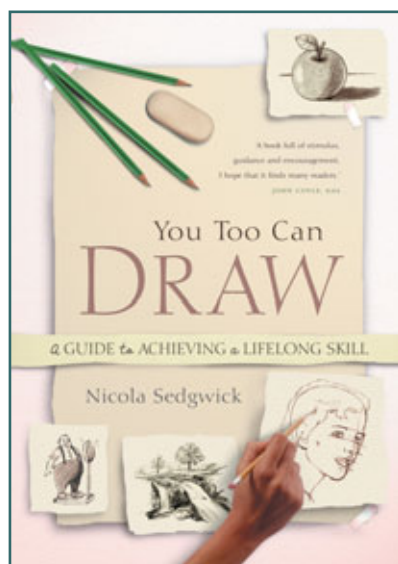
Drawing accurately is about opening up the right side of the brain, the creative side, so you can see in a different way. **I felt strongly that people could learn these skills in the same way they learned subjects like maths, languages or a trade. They just had to be shown.**

I kept working away on a manuscript, and after three long years, it was finished. I was in Mentor Books publishing company at the time, and was lucky enough to get my book, *You Too Can Draw*, published.

Over the last few years I have received positive feedback from those who have practised the exercises in the book. However, I could most clearly see results when I began







teaching drawing at adult education night school, and used the information in my book as exercises in the classes. I was delighted to see how quickly students learned when they were shown these tools! It was like a door was opened in their brains. It was interesting to see that some people had a struggle shifting from the left brain to the right - from the logical and rational, to the unknown and abstract. But everything is surmountable. I asked those people to get their heads out of the way and concentrate solely what they were doing. When they did, it enabled the right side of their brains to be free to enjoy and embrace this new endeavour.

It was so rewarding to see people of all ages achieving a level of drawing they didn't think possible. The greatest thing about learning these skills was that once achieved the student was then literally an artist for the rest of their lives. Drawing exercises are all hands-on and practical, and the brain seems to remember manual tasks easier than exclusively mental tasks. Of course, I

must add that effort has to be applied and the more you practise the better you get. An artist never stops learning.

The skills taught include twin and mirror contour drawing, modified contour drawing, measuring, all about shapes, scribbling, negative space, visual memory, and learning how to see and correct your own mistakes.

Once students have a handle on the basic skills I introduce a wealth of handy techniques and short cuts amassed over the years. As they experiment, students begin to see what they like drawing best, and start to develop their own style.

When the classes finish and they are on their own they can continue to develop as artists and enjoy a creative journey that will last a lifetime.

For enquiries about drawing workshops or courses contact [nic1.sedgwick@gmail.com](mailto:nic1.sedgwick@gmail.com) or 085 7396219. [www.nicolasedgwick.com](http://www.nicolasedgwick.com)

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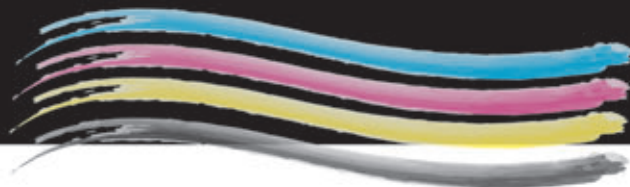
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# Death

## – An interlude between two activities

William Meader



**Is death an end or a beginning? Throughout recorded history, this question has been central to human existence. Religions have been born in response to this question, as have the inspired works of many poets, artists and scientists throughout the ages.**

When confining our consideration of death to rationality alone, it appears that death is final, and that life inevitably runs to its end. Yet when we consider this question from an intuitive perspective, the finality of death gives way to a sense of the eternal. Deep within human consciousness there is an abiding knowledge that life is something that transcends death. Though seemingly defying reason, this knowingness gives assurance of our immortality. It is an awareness rooted in our silent knowledge of the beyond.

Within the Esoteric Philosophy, death is understood as merely an extension of life, not its end. To better understand this we must first consider the shortcomings of the human mind which tends to arrive at conclusions based upon demonstrable facts. It sees and understands the world through the observation of forms, and it is limited by its inability to conceive of anything that may transcend form. The perceptual challenge of the analytical mind centres upon the relationship between the physical body and consciousness. It holds the view that consciousness is the product of the brain. Given this perceptual bias, it is not surprising that the rational mind would conclude that physical death leads to the death of consciousness. Yet the wisdom of the East has long maintained that the human body is the product of consciousness rather than the cause of it. This view sheds an entirely different light on the nature of death. For if consciousness gives birth to the body, then consciousness must exist independent of the body.

Western theology has taught that at the time of death, the soul rises and escapes the confines of the physical body. Esotericism agrees with this notion, but with an additional caveat. Though it is true that death releases the soul, it is also the soul that initiates the act. In other words, the escape of the soul from the body is not an event that happens to the soul, but instead is caused by it.

At the time of death, the soul returns to the larger living system of which it is a part (sometimes called God, Brahman, or Universal Intelligence). It does so for the purpose of assimilating the fruits of experience acquired while incarnated in physical form. This assimilation builds new faculty into the soul's nature, thus facilitating its growth toward perfection. Physical death is therefore nothing more than the soul abstracting itself from the body in order to assimilate what it has learned. When the soul completes this assimilation, it is poised to return to physical life once again. However, it will do so from a wiser perspective than in the previous incarnation, and with a greater capacity to express its nature through the personality.

When we think of physical death (and the subsequent ascension of the soul) we often believe that the soul is freed. However, this is only a partial truth. The soul is free, but only from the physical vehicle it had occupied. We must remember that the soul is incarnated into three vehicles: mental, emotional and physical. The sum total of the consciousness of these vehicles constitutes the personality (ego). When physical death occurs, that does not mean that the emotional and mental vehicles are abandoned at the same time. Most often they are not. Given this understanding, whenever a human being dies, there is a second death that inevitably follows. This death represents the soul's abstraction out of the emotional and mental bodies of the personality.

The time when the second death occurs will vary widely among people. In rare cases, it takes place a few minutes after physical death. However, for most it will take weeks, months, or even years before the soul has fully liberated itself from these remaining personality vestures. It may be well to mention that when the emotional and mental attachments are unduly strong, an individual can remain in a state of semi-incarnation for a great length of time, often not even realising that physical death has occurred. This idea lends explanation to the ghostly appearances witnessed by so many people throughout history. Within esoteric literature, this is referred to as the earth-bound soul.

The day will surely come when the 'science of dying'



will be a part of the fabric of humanity's way of living. Historically, our understanding of death has been minimal. Medicine can and does provide useful information about the death process, but only as it pertains to the physical body. Science is still biased by the assumption that consciousness is the product of biological processes. Fortunately, some branches of science and medicine are increasingly incorporating holistic approaches to healing that give support to the spiritual dimension of life. The slow but sure rise of complimentary medicine, which is usually supportive of spiritual ideas, gives further indication that a science of dying is gradually being formed. Contributions coming forth from the frontiers of psychology are also awakening science to an understanding of the spiritual dimension of life. These things simply indicate that science (and humanity as a whole) is moving toward a more holistic view of life, and therefore of death.

Interestingly, in the ancient esoteric literature it has been suggested that falling asleep is akin to the death process. Drifting to sleep indicates that consciousness is extracting itself from the brain cavity, and is moving into a subtler dimension of awareness. Just as with death, falling to sleep involves the abstraction of consciousness. Given this similarity, it can be seen that when we go to sleep we are actually participating in a death rehearsal of sorts. Much could be learned of death if we would be more attentive to the movements of consciousness as we fall into our nightly slumber. Sleep provides the clues to the nature of consciousness as it draws itself away from its bodily encasement.

In this discussion we have seen that death is not the opposite of life, but simply its extension. In many ways, death could be viewed as a beginning, rather than an end. It liberates the soul from its imprisonment in form. By so doing, it is then able to assimilate the lessons it had learned while it was in the incarnated state. Once this assimilation is complete, the soul is able to demonstrate a new level of wisdom. Its attention is then turned, becoming 'downward-gazing' in preparation for its next incarnational thrust. A renewed agenda of outer activity can then commence. When we understand this, it becomes readily apparent that death is merely an interlude between two activities.

## Biography

William Meader is an author, teacher and counsellor. Much of his work is focused on the subjects of Spiritual Creativity, the Evolution of Consciousness and the Art of Meditation. At present he is teaching in the United States, Canada, Europe, Australia and New Zealand. Visit his website at [www.meader.org](http://www.meader.org).

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**Topic:** The Keys - Unlocking the Soul's Potential

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**Topic:** The Angelic Kingdom

**Venue:** Wynns Hotel, Dublin - 26th Nov - 9:45 am - 5:00 pm

**Topic:** The Spiritual Constitution of a Human

**Venue:** The Park Inn, Cork Airport - 27th Nov, 7:45 pm - 9:30 pm

**Topic:** White Magic

**Venue:** The Park Inn, Cork Airport - 28th Nov, 9:45 am - 5:00 pm

**Topic:** The Angelic Kingdom

**Venue:** Temple Gate Hotel, Ennis - 29th Nov, 7:45 pm - 9:30 pm

**Topic:** Understanding Death - A Giant Step Forward

**Venue:** N.U.I., Galway - Sat 30th Nov, 9:45 am - 5:00 pm

- Sun 1st Dec, 10:00 am - 5:00 pm

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To learn more about William Meader visit his website [www.meader.org](http://www.meader.org)

# A Therapist's Tale

## Michelle Delaney

Holistic Therapist  
NYR Organic Independent Consultant  
Soul Balance Holistic Therapies

**Choose a job you love, and you will  
never have to work a day in your life.  
– Confucius**

**When I qualified as a massage therapist twelve years ago, I never predicted a path of life long learning and enjoyment.**

At the time, I was in an unfulfilling job in an environment which just didn't ignite any fire in me. I worked in the fast-paced corporate world where deadlines loomed and long days at the office whizzed by. The nearest I got to contemplate my life's purpose was a quick five-minute daydream while I waited in the coffee queue every morning.

The mere thoughts of a soothing, dimly-lit therapy room made me want to pack it all in and become a therapist full time. I could feel the world of complementary therapies calling out to me but as much as I tried to massage the mortgage payments and smudge away the bills with some nice Californian White Sage, I knew I needed to stick at the day job for another while. I needed a plan. I had acquired a beauty therapy qualification many years before so I decided to continue training and use the time to expand my treatment portfolio. Yes, my holistic massage needed a few friends. First to join the gang was aromatherapy. Well, that was a match made in heaven as I found myself learning even more about massage and falling in love with essential oils. Over the years, others came to play too: Indian head massage, stone massage, ear candling, onsite massage, reflexology and various forms of energy healing.

My transition from corporate to cozy was a gradual one. First, I started to see clients at the weekend and evenings and when that got busy, I decided to make the career jump, except at that stage it was more like the next logical step in the right direction and not the huge jump it had seemed before.

Somewhere along the line I began teaching, an activity

I still love. I run workshops for therapists and non-therapists and teach the Diploma in Aromatherapy at Walmer College in Dublin.

I have managed to manifest a beautiful garden therapy room at home, which is where I see clients now. I love the flexibility that comes with being self-employed. I was a stay-at-home mum when my daughter was born, working evenings and weekends and more recently I have become flexible around school holidays and other fixed life events. I've realized that flexibility and balance is key to my happiness and so having a job that provides both, it cuts out a lot of unwanted stress.



As a therapist working alone, a good support network is essential. Being part of a good professional organisation that supports your therapies is a great way to keep in touch with other therapists in similar situations. Great training and keeping up-to-date with the latest therapy developments is also vital, as is adding more skills that you can offer your clients. If you ever want to know what to brush up on next, listen to your clients as they come through your clinic. Their needs will point you in the right direction.

Last year I got the opportunity to become an independent consultant for NYR Organic. Neal's Yard Remedies are a pioneer in Organic Beauty and Wellbeing.



This family-owned business is run ethically with complete respect for the sustainability of our planet. Everything is kind to the environment, from the eco -friendly farm in Dorset where the products are made, to the methods used for packaging and delivery. I was thrilled to become associated with such a great brand.

I knew their essential oils and used them regularly in my treatments. I quickly realised how I could integrate this new element into my therapy business. The range is packed with products to suit everyone, from tiny babies to



teens, mums, dads and older adults. The products contain organic essential oils and herbs and enhance and support every treatment I offer. They have also stretched me to be daring and create some new treatments for my clients. The best part is that every product is completely safe and free from harmful synthetic chemicals, and there is a range for every skin type. My clients love the feel of the product, the beautiful aromas, the attractive packaging and easily recognisable blue bottles. Most important, however, is that they really work.

When I started to offer the same opportunity to my friends and colleagues, they were also excited to join a great team. What has come out of that is another supportive and liked-minded network of wonderful consultants who meet regularly to learn, chat, have coffee, brainstorm new business ideas and be guiding lights for each other. My team has grown to well over 100 consultants (mostly therapists but not all) nationwide and is getting bigger every day.

Last month, I drove to Galway to meet and network with my 'Westie Team' and we had the best day. Later that month some of us flew to Birmingham to attend the NYR Organic Autumn Conference and network with over 400 UK team members. It was an amazing day filled with inspiration and wonderful positive energy. We are now heading into a new season and I am looking forward to welcoming more consultants and helping them to get started on their own organic path.

At this stage of my journey, I really feel that I have the best of all worlds: a flexible timetable, great tools to enhance my treatments, wonderful clients who keep returning to guide me to my next phase, students who teach me so much and a huge network of 'amazing 'holistic friends' who constantly brighten my days and give me a sense of true purpose.

I no longer have my days marked with deadlines and coffee queues. Now I greet the day with enthusiasm and ease and guess what, it's perfect!!

If you would like to join our NYR organic team, Go Organic, with your treatments or simply embark on a wonderful path, email me today at [michelle@soulbalance.com](mailto:michelle@soulbalance.com). Also check out our website: [www.soulbalance.com](http://www.soulbalance.com)

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To be included on an information mailing list please email [yvofitzgerald@gmail.com](mailto:yvofitzgerald@gmail.com) for details about 2014 trainings, workshops and introductory evenings.

**Martina Barrett:** [www.beamsholistic.ie](http://www.beamsholistic.ie) & [www.kachina.ie/aboutus](http://www.kachina.ie/aboutus)

**Yvonne Fitzgerald:** [www.natural-connections.com/yvonne-fitzgerald](http://www.natural-connections.com/yvonne-fitzgerald)





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Based in Los Angeles, Eric Pearl and Reconnective Healing elicit great interest from top doctors and medical researchers at hospitals and universities worldwide, with new research projects presently underway at multiple facilities under the guidance of such renowned research scientists as Gary Schwartz PhD., William Tiller PhD., Konstantin Korotkov, PhD. and others.

Eric travels the globe extensively throughout the year bringing the light and information of Reconnective Healing onto the planet. He teaches in seminars how to activate and utilize this new, all-inclusive spectrum of healing frequencies that allows you to completely transcend 'energy' healing and healing 'techniques' for the very first time, to access a level of healing beyond anything anyone has been able to access prior to now. To date, more than 60,000 people have been taught this work (in more than 60 countries), bringing about a spontaneous generation of healers worldwide.

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Email: [paulinebrett@iolfree.ie](mailto:paulinebrett@iolfree.ie)

Phone: 086 8293986 (Dublin Based)

or pick up a copy of *The Reconnection: Heal Others, Heal Yourself*.

You can also visit [www.TheReconnection.com](http://www.TheReconnection.com).

Disclaimer: Pauline Brett and anyone associated with this work, inclusive of, but not limited to The Reconnection®, Eric Pearl and Reconnective Healing®, make no claims, promises or guarantees and are neither diagnosing nor treating specific health challenges. You are solely responsible for seeing to and/or continuing with your own medical treatment and care.



## RECONNECTIVE HEALING®

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Pauline Brett Reconnective Healing Practitioner (Dublin)

Phone: 0868293986 • email: paulinebrett@iolfree.ie



Now, for the first time, you may access a new, more comprehensive spectrum of healing than has been attainable at any point prior to now, one that not only includes yet expands **beyond** any and all known forms of “energy” healing.

The Reconnective Healing spectrum is comprised of the full healing and evolutionary continuum of **energy, light and information.**

For more information on Reconnective Healing  
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## SOUL BALANCE

### Holistic Therapies

#### AROMATHERAPY

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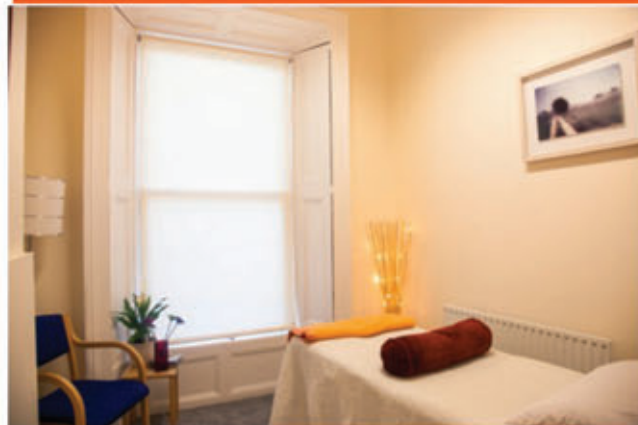


**Michelle Delaney**  
NYR Organic Consultant  
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[michelle@soulbalance.com](mailto:michelle@soulbalance.com)  
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# Blossom Holistic Therapies



**NOREEN McCARTHY**

**ARCHTI Registered Usui Reiki Master Teacher**

**Certified Angel Energy Healing Practitioner**



**[www.blossomholistictherapies.com](http://www.blossomholistictherapies.com)**

*"What a wonderful website – it made me feel all cool and calm just reading it!" R.S*

Treatment duration is approximate, as each treatment is personalised during the appointment, depending on the individual needs to each person's healing.

**ANGEL ENERGY HEALING**  
**(2 hrs 15 mins approx)**

Angels help us in every aspect of our lives, simply by asking them, from a place within ourselves of love, humility, trust and clarity, at a time of your choosing.

**REIKI TREATMENT**  
**(2 hrs 15 mins approx)**

Reiki is a natural form of healing. It is also used in combination with many other therapies, holistic and mainstream medical health services. It is used in self-care, private practices and hospitals throughout the world.

**REIKI LEVEL 1 COURSE**  
**Full day (9.30 a.m. – 5.30 p.m. approx)**

Personal day Teacher to Student  
Includes: Treatment, Level 1 Attunement, Level 1 Teachings, Level 1 Manual, Self-Treatment CD, certificate, follow-up appointment, light lunch, refreshments, and lots of mineral water on the day.  
Further details on application.

**REIKI LEVEL 2 COURSE**  
**2 days (9.30 a.m. – 5.30 p.m. approx)**  
**and 3 Reiki evenings**  
**(7.30 p.m. - 10.00 p.m. approx)**

*For students travelling a long distance please be assured that a further one full-day training (9.30 a.m. - 5.30 p.m. approx) can be made in substitute for the evening course times.*

Includes: Level 2 Attunement, teaching, Level 2 Manual, Assessments, follow-up appointment, certificate on full completion of course, light lunch on both days, refreshments, mineral water. On the three evenings' practice and teachings refreshments and biscuits will be available. Further details on application.

**REIKI LEVEL 3 & 4 COURSES**  
**Reiki Master & Reiki Master Teacher**  
**One year course (1 full day a month)**  
**plus full attendance at Reiki Shares**  
Further details on application.

There is also ongoing support after treatments and for Reiki graduates.

**Tel: 087 2200555**

Email: [noreen@blossomholistictherapies.com](mailto:noreen@blossomholistictherapies.com)

[www.blossomholistictherapies.com](http://www.blossomholistictherapies.com)

*"What a wonderful website – it made me feel all cool and calm just reading it!" R.S*





### The Irish Massage Therapist Association

(IMTA) was founded in 1990 and was set up to encourage and promote high standards in training and practice in the massage/bodywork therapy profession in Ireland.

If you are a therapist and would like to become a member please visit our website or contact our administrator for more details.

Feel assured that as an Irish Association we guarantee full representation on national bodies promoting a better working environment for member therapists here in Ireland.

### To become a member of the IMTA

**Step 1:** Go to the website  
[www.messageireland.org](http://www.messageireland.org).

The membership year runs from March 17th to March 16th of the following year.

**Step 2:** To start the application process you need click on the "become a member" button on the top of the screen of the website [www.messageireland.org](http://www.messageireland.org).

**Step 3:** Submit the required documents requested of you for review by the IMTA.

**Step 4:** Pay for the membership once application is accepted.

### Outline of IMTA Membership Benefits

- Protection of IMTA's Code of Ethics and Standards of Practice
- Practitioner Insurance under our Group Scheme – €98 per annum.
- Access to combined Practitioner & private house insurance – if you work from home
- Members Discount Scheme with suppliers nationwide.
- Access to Promote your Practice publications e.g. Gift Vouchers and Massage Leaflets for clients
- Your name and general location included on our "Find a Therapist" website listing (optional)
- Support & networking opportunities at Regional Meetings nationwide AGM and workshops
- Information on accredited Courses, Seminars & Workshops with CPD points
- Quarterly magazine "In Touch"
- Professional support from Admin Office
- Clients can claim refunds on treatments if they are members of Aviva
- Access to Members' Only section of the IMTA website ([www.messageireland.org](http://www.messageireland.org))

Contact details for the Irish Massage Therapist Association (IMTA) are as follows

Tel: 086 377 3801

Irish Massage Therapists Association

Unit 1, Nestors Business Complex, Monksland, Athlone, Co. Roscommon

Mail: [info@messageireland.org](mailto:info@messageireland.org)

Web: [www.messageireland.org](http://www.messageireland.org) or you can use the [contact us](#) form on this website



# Reiki Federation Ireland

*many paths, one voice*

## Reiki Federation Ireland:

- Supports the practice of Reiki
- Promotes the Profession of Reiki
- Maintains a high standard of Reiki practice
- Maintains a register of Practitioners and Teachers for referral purposes.
- Disseminates information on Reiki to the public and other interested parties
- Liaises with Dept of Health and Children and other professional bodies, to raise the profile of Reiki in mainstream health
- Forms links with National and International professional bodies, to keep abreast of new developments in complementary medicine
- Provides a social networking platform for our members

## Why you should join us:

- To be part of Reiki in Ireland
- To receive regular Reiki newsletters
- To enjoy the social and educational events with RFI
- To support your self-practice

## Benefits of Membership to Reiki Professionals:

- Great support for your professional practice
- Opportunities to be promoted by RFI at health andwell being shows
- Be on the register of practitioners and teachers for referral purposes
- Reduced Reiki practitioner and teacher Insurance and many reductions on other services
- Enjoy support for your Reiki business at our many Reiki events

RFI has been in discussions with the Dept of Health and Children and are actively working towards Reiki in mainstream health for its members.

**Contact us: [www.reikifederationireland.com](http://www.reikifederationireland.com)**  
**Phone: 0879819366 to become a member or for more information**





## **Irish Reflexologists' Institute Limited CELEBRATING OUR 20 YEAR ANNIVERSARY**

Details of our AGM 2014 in next bumper edition of  
*Feet First Journal* issue due out in November

**Are you a Reflexologist?**

**Do you want your practice to be recognised by  
Irish health insurance providers?**

If so, contact us today about membership at [administrator@reflexology.ie](mailto:administrator@reflexology.ie)  
Being part of an institute increases your professional credibility.

### **Induction Day Workshops – ALL WELCOME**

Each course costs €81.00 IRIL current members, €101.00 non-members.

Book online at [www.reflexology.ie](http://www.reflexology.ie) -

Go to Homepage, click on Workshops & Courses.

All courses 50 CPD points.

### **First Aid Courses**

Basic First Aid and CFR Certificate Courses run regularly

Certified for Two Years

Tutor Lorraine McGovern

Members €86.00 Non-members €106.00

### **Reflexology Wall Charts and Leaflets for sale**

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### **For more information contact:**

Irish Reflexologists' Institute Limited, 16/17 Hibernian Estate, Tallaght, Dublin 24

Telephone: 085 2153475 E-mail: [administrator@reflexology.ie](mailto:administrator@reflexology.ie)

[www.reflexology.ie](http://www.reflexology.ie)

# Association of Registered Complementary Health Therapists of Ireland (ARCHTI)

Ballydaniel, Camolin  
Enniscorthy, Co. Wexford



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**Email: [info@irishtherapists.ie](mailto:info@irishtherapists.ie)**

**Web: [www.irishtherapists.ie](http://www.irishtherapists.ie)**

**Online Membership Application**

**\* For ARCHTI Members only  
from Balens Insurances  
for standard therapies (excludes Beauty)**

**more info from ARCHTI**

**Are you a CPD Trainer  
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Therapies not yet registered  
with ARCHTI?**

**ARCHTI Approved**



**If so, register your course now with  
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Members a €10 voucher to attend  
your class which in turn you can  
claim back from us.**

**Email: [info@irishtherapists.ie](mailto:info@irishtherapists.ie)  
or ring 053-9383734**

**Bringing Therapists from the Four Corners of Ireland Together**



# THE GABLES

## PSYCHOTHERAPY PRACTICE IN SHANKILL VILLAGE



'And the day came when the  
risk to remain tight in a bud  
was more painful  
than the risk to blossom.'  
Anais Nin

The Gables is a secluded oasis in a quiet nook in Shankill Village. Our aim is to provide a safe, confidential and harmonious environment in which to explore life issues.

Psychotherapists working at The Gables use a variety of approaches including Humanistic, Psychodynamic, Gestalt, Transpersonal, Biodynamic.

The centre also offers a variety of supportive therapies including Massage, Reflexology and Energy Healing.

All practitioners are accredited members of their relevant professional organisations and work within their guidelines.

For further information contact Anne Byrne, Clinic Director on 087 6598487 or at [gablestherapy@eircom.net](mailto:gablestherapy@eircom.net)  
Website [www.gablestherapy.com](http://www.gablestherapy.com)

**THERAPY ROOMS** are available for rent at The Gables.



# SACRED SOUND

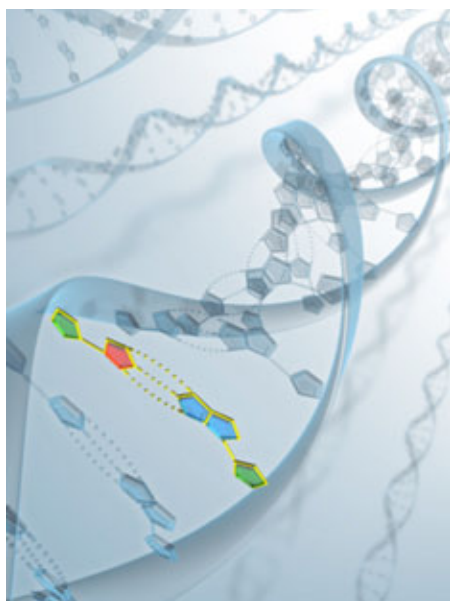
## *a Divine Instrument of Healing and Loving Support*

**Mildred Ryan**



### **A great Awakening**

We are living in a very special time in our evolution, with huge potential for healing and accelerating our spiritual growth. Many people are drawn to explore sound and are remembering aspects of previous lives, particularly times in the golden years of Atlantis, when healing with sound and colour was the norm.



### **The healing gift of Sacred Sound**

Sound waves are conductors of high frequency light which transcend all dimensions and flow through all the realms of creation. It is a potent healer as its frequencies can alter the vibrations in every cell, system and organ within our physical body, and every layer of our aura.

It can cleanse and dissolve energy blockages and stagnant energy, even penetrating deep into our DNA to restore our cellular blueprint, allowing us return to vibrant health and wholeness of mind, body and spirit.

Sound also connects us to the Divine, within ourselves and all of creation.

### **Sacred Sound instruments**

There are many ways of working with sound

through singing bowls, tuning forks, musical instruments or drumming. However, we ourselves can create amazing sacred sounds as we are Divine instruments and can create an extraordinary range of healing sounds, simply through toning, chanting, humming or singing.

### **My own journey with sound**

You may find it helpful if I tell you a little about the healing I have received as I tone and chant, or listen to sacred music and singing bowls.

Sometimes I send the sound to a particular part of my body in need or rebalancing or healing. At other times I just rest and relax for about twenty minutes as I listen to sacred music and absorb the higher frequencies of light and sound, letting my consciousness soar to connect with the Divine, within myself and all of creation.



- I have felt (and seen with my inner vision), energy flowing along my energy meridians, filling my cells and systems with high frequency light
- At other times I have experienced old energies and thoughts being removed or cleansed, and



have received insights around challenging situations or worries.

- I have even felt dormant parts of my brain being activated.

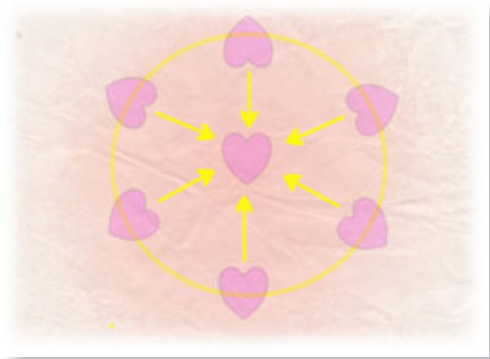
My heart's desire is to empower people to find their own healing notes and sounds and to heal themselves and others on all levels using the sacred sound of their voice, along with crystal singing bowls, music and tuning forks.

#### A vision for the future –

##### Toning Circles of Healing and loving support

I have seen the transformation that occurs when people are nurtured in this wonderful healing balm. It is like a light is switched on and they open to create a richness of love, joy and abundance in their lives.

This is my wish for you and I hope this article will ignite the spark within you which may start you on your own exploration of sacred sound.



##### About Mildred

Mildred is a sound healer, colour therapist, teacher and Deputy Principal of the Diana Cooper School. Through her work with sound she empowers people to heal and return to wholeness of mind, body and spirit. For more information contact Mildred on 086-8531010, [www.mildredryan.com](http://www.mildredryan.com).



## HEALING HUB INTERNATIONAL

Healing Hub International is a not-for-profit cooperative support platform for healthcare providers, facilitating the emergence of a new innovative and sustainable healthcare system. It is founded on an ethos of cooperation over competition, in alignment with the new paradigm of being that we are embarking upon now.

HHI aims to bridge the gap between medical healthcare practitioners and therapists to establish a more integrated and wellrounded healthcare system, in Ireland and the world alike. We are unique because of our innovation in healthcare networking and support, which involves creating a network platform, providing business, promotional, emotional, educational and creative support to our members so that they may provide a better service to their clients/patients and also achieve a higher level of job satisfaction.

How do You get involved?

Register and become a member NOW!

Email [info@healinghubinternational.com](mailto:info@healinghubinternational.com) for your application form.

We can do so much more together, in cooperation and support of each other, pushing past boundaries of limitations such as fear and lack.

##### BENEFITS OF MEMBERSHIP:

Monthly Network Meetings

Time Bank

Support Groups

Mastermind Groups

Open Days

Talks / Workshops

Newsletter

And much more...

For more information visit

[www.healinghubinternational.com](http://www.healinghubinternational.com)

## Jyorei Japanese Healing Art

The word 'Jyorei' in Japanese means  
purification of spirit.

It is a healing art in which spiritual Light is  
focused on others.

Meishusama, who created Jyorei, taught that all of  
life's difficulties are caused by impurities or 'clouds'  
within the spiritual world.

By practicing Jyorei, spiritual light is focused on these clouds  
and dissolves them, relieving the physical, emotional, and  
personal distress that they cause.

Jyorei is an act of selfless giving and sharing.

It is a prayer for others.

A person receiving Jyorei regularly often experiences  
profound healing in spirit, mind, and body  
that eventually leads to genuine happiness.

The person who gives Jyorei can also experience Jyorei's  
benefits, and also has the joy of sharing these benefits  
with close relatives, friends, and neighbours.

If you would like to try Jyorei in Dublin area,  
please contact Tetsuya at  
sugimoto@shumei.eu

You can find out more about Jyorei at [www.shumei.org](http://www.shumei.org)

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## We hope you have enjoyed this issue of *Natural Connections Holistic Magazine*

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If you wish to receive a printed copy of the magazine  
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[yvonnefitzgerald@natural-connections.com](mailto:yvonnefitzgerald@natural-connections.com).

Please do tell others about *Natural Connections*  
Thank you all – we appreciate your support.

We are already receiving bookings for the next issue,  
out in February 2014, so reserve your ad and article space  
NOW to make sure you will be included.

Our deadline is 10th January 2014  
to receive fully completed ads and articles.

We also offer an ad design service.

Contact us at 086-2787213 or  
email [yvonnefitzgerald@natural-connections.com](mailto:yvonnefitzgerald@natural-connections.com)  
We look forward to hearing from you.

