



**CranioSacral Therapy, Holistic Massage, Aqua Detox, Reiki,
Hopi Ear Candles, Life Coaching**

Issue 36 – February 2008

WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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Greetings all. Another year, another opportunity to check life goals and set new ones. My year has begun with excitement and change. I am now working at the Body & Soul Clinic in Send on a Tuesday morning from 9am to 2pm. The clinic is on the Send Road. The phone number is 01483-225147 and the web site is www.bodyandsoulclinic.co.uk where you will find a full list of the therapies they provide.

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1. CranioSacral Therapy (CST) – Irish Study

A small-scale outcome study of 46 was carried out in Ireland using local Disability Service in the Irish Republic. Parents of 0 – 18 year olds were asked by standard questionnaire to report on perceived progress after one year of treatment that included regular weekly to monthly one hour sessions of CST.

The children's challenges included cerebral palsy, Erbs palsy, spina bifida, a variety of neurological deficits and anomalies and acquired motor impairments. Supportive of the experience that CST is truly a core therapy all respondents reported significant improvements across a wide range of their children's functions, including concentration, sleep, elimination, appetite, flexibility, vocalisation, muscle tone, circulation and alertness. Additionally staff giving concurrently regular programmes of occupational and physiotherapy reported greater responsiveness to their work amongst the sample group than amongst comparable subjects.

The value of outcome studies is that they record, in a presentable form, what happens amongst groups of people experiencing therapy in the real work. In other words what is being evaluated is what we really do, not just isolated elements selected to fit some statistical evidence-gathering system on the basis that they can be reduced to numbers. The subjective element is of great value, because how we perceive how we are is at least as important for us as what is observed by third parties. It includes the non-measurable, untidy bits that make us individuals.

Reference: Therapeutic Pulse Jan 2008

2. Massage : Massage Helps to Ease Pain

Chronic pain is an issue for many people. Those suffering from various forms of chronic pain might try a variety of methods to relieve their symptoms. Cortisone shots, chiropractic adjustments, physical therapy, acupuncture and massage therapy all might be attempted.

According to the American Massage Therapy Association, more and more consumers are looking to massage therapy for pain relief. The enthusiasm of medical professionals also has increased with new clinical studies showing how massage can reduce pain from surgery, cancer and back problems.

"When receptors under the skin are stimulated with moderate pressure, there's a cascade of physiological and biochemical events," said Tiffany Field, director of the Touch Research Institute at the University of Miami School of Medicine.

"Neurons responding to pressure are longer and more insulated than pain neurons," said Field, "so the pressure message gets to the brain faster than the pain message. Once that happens, the brain 'closes the gate' and the pain message can get through." According to researchers, massage also

boosts levels of serotonin, the body's natural pain relief substance.

Ref: massagetoday.com

3.

You have brains in your head.
You have feet in your shoes.
You can steer yourself
Any direction you choose.

-Dr. Seuss (Theodor Seuss Geisel)

4. Life Coaching : Have you De-cluttered Your Head Lately?

I hope December's piece on how to reduce stress was helpful. In a way this is a follow on from that. Once you have decluttered some of your less useful beliefs you will experience a release of stress.

"... De-cluttering cupboards, de-cluttering rooms, workplaces etc. And that got me thinking about another key area that really benefits from being free from clutter. The clutter in our heads. What are we tucking away in corners and lugging around with us that we don't need anymore?"

We change our cars, we refresh our wardrobes, we upgrade our PCs, but we drag our beliefs around with us as if they are set in stone. They're not. We can change them, we can update or recycle them, or we can realise that they are of no use to us anymore and throw them out.

Our beliefs influence everything we do. They colour our sense of self, our confidence, our expectations, our relationships with others.

Beliefs set our limits "oh I could never...", "I'm just not good at...", "I don't do...", "I've always..."

Some beliefs make a small dent in our personal universe, and others leave a crater, a gaping hole that we might try and fill and yet we never feel full. Read on for some tips on de-cluttering your outdated thoughts...

Step 1: Take a Step Back

Beliefs; we live by their rules, but we never really look at them. They run in the background, dictating how we act and feel. And we let them. Unconsciously doing their bidding as we go about our lives.

The first step in squaring up with your beliefs is to take a step back and look at them from a distance. Until you get clear on what you believe you can't get to the relief that comes with making changes.

So, what do you believe? Get a pen and paper and write down your core beliefs, the rules you live by. Don't worry if you can't think of anything to write immediately. Your personal beliefs can be so much a part of your thinking that they are not that easy to pick out.

Belief Spotting

Be on the lookout for your beliefs and add them to your list:

- When you express your opinions to others
- When you go to tackle a task. Why are you doing it? How do you rate your ability to do it?

Step 2: Ask Yourself Why?

Why do you believe the things that you do. Are your beliefs truly even yours to begin with, or are they your teacher's? Your parent's? Your doctor's? Or Aunt Mauds?

Often our beliefs are adopted from others, sometimes they are something someone older than you told you when you were young. But now you're older, and wiser, it's time to ask yourself why you believe what you do.

Here's how to do it. Pick a belief that you wrote on your list, read it aloud to yourself as a statement, for example: "I believe that..." and sit with that belief for a minute or two. And as you do, ask yourself "Why do I believe that?" Where does it come from. Is it really yours? Is it useful? Is it still relevant in your life?

If it's a positive belief that feels good to you and serves you well, then you have just made a conscious reconnection with it.

But what if it is a limiting belief, or a negative one. One which keeps you small, or holds you back. Some beliefs can be the emotional equivalent of Japanese foot binding. They can hold you back severely in key areas of your life.

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- When others express their opinions to you, ask yourself if you agree or not.
 - When you read, or watch the news etc how does what is being reported line up with your personal beliefs?

Soon you will begin noticing your feelings on things more clearly. And that's good. From that growing awareness you get the chance to make changes.

You might like to keep your paper with you for a day or two as more come to mind.

What's the point of this? It helps you identify outdated or rigid patterns of thinking. Sometimes your beliefs may leave you closed to new possibilities in learning, in healing, or in earning.

De-cluttering unhelpful beliefs leaves room for new thoughts to take root and grow, thoughts which can serve you better.

Step 3: Target practice

Scan through your list and pick a belief that you feel holds you back from doing something or feeling something that's important to you. Perhaps there's one that stands out from the crowd as outdated? That would be a good place to start.

First, check in with yourself that you feel OK with letting it go now. And then go through the following in your imagination in detail.

- What does the belief look like? Imagine it written on paper. For example it could be typed like a legal notice, scribbled on a note, written on an old scroll. How does it appear to you?
- Now decide how you will dispose of it? Will you simply throw it away? Burn it? Or recycle it?
- All de-cluttering is a decision. When you go about your house and notice something that needs throwing out you make a decision to get rid of it. It's a definite choice; you know it's time for it to go and you know how you want to dispose of it. You can do the same with many of your beliefs too.
- Once you've made your decision, go through the motions and take action in your imagination. Literally see yourself picking it up and disposing of it in the way that feels right to you.
- You don't have to feel disorganised just because you run your house differently to your mother. You don't have to shy away from art because your art teacher said you can't draw. That was her opinion. It doesn't have to stay as your belief. Pick it up and throw it out.
- Now take a few deep breaths and enjoy reflecting on freeing up some head space.

And finally, you get to choose what you will believe instead. Choose with care, write it down, and if you wish to guard this tender new positive belief, you might like to keep it to yourself and water it now and then until it grows strong."

Where Big Beliefs Hang Out

Some unwanted beliefs can be deeply rooted and have a huge impact on the lives of those holding them. Please seek professional assistance if you want to be free from heavy beliefs that are related to self-worth and might be a little complex to change.

"How do you know if you might need help with shifting a significant belief? If you feel emotional discomfort or uncertainty about letting it go, you may want to get some assistance.

However, for much of our mental clutter it really is as simple as checking through a cupboard and making a conscious decision that that belief is no longer required. And for those beliefs you can enjoy playing with the steps above and lightening your mental load."

Reference: Living by Design Newsletter

5. Agrichar

"Thousands of years ago in Brazilian Amazonia, indigenous peoples burned their trash and scattered the charred remains, creating a dark soil called terra preta that not only offers some of the world's most sustainable farmland but could help control global warming.

Researchers are working to replicate this ancient technique as a way of offsetting fossil-fuel emissions—in effect producing a "carbon-negative" biofuel. Through a process called 'pyrolysis', manufacturers would burn agricultural biomass at very high temperatures in the absence of oxygen to generate heat or electricity. This would create a "biochar" that, spread on farmland, would return carbon to the earth rather than emitting it into the atmosphere.

As Robert Brown, Iowa Farm Bureau director of the Bioeconomy Institute at Iowa State University,

points out, each square mile of farmland that uses biochar would negate the carbon dioxide emissions of 330 automobiles. 'Like biofuels, biochar will become increasingly attractive as greenhouse gas mitigation is implemented,' he says. Brown got a \$1.8 million grant from the U.S. Department of Agriculture to conduct field tests. Several other major biochar projects are underway. At the first-ever International Agrichar Initiative Conference last May, 135 scientists, entrepreneurs and academics gathered in Australia to compare notes and encourage collaborations to further the technology."

Reference: Ode magazine, January/February 2008 issue

Note: I discovered this magazine a little while ago and discovered that we share an aim and objective. "Odemagazine.com is designed to be a source of information and inspiration."

6. Aqua Detox Therapy

Detox and rebalance your body's systems

I have had clients reporting good results for reducing the side affects of chemotherapy without affecting its efficacy.

Aqua Detox is an electromagnetic detoxification process carried out on the feet. This is a convenient and efficient therapy to clean and purify your body. (See website for client experiences and further information.)

7. What's Happening

- The next CranioSacral Therapy Introductory course will be 20/21 September 2008. The venue is the Fountain Centre at the Royal Surrey Hospital. Cost = £120. Free parking outside the centre is available.
 - The Fountain Centre, St Lukes, Royal Surrey Hospital, Guildford – a charity drop-in centre offering complementary therapies to those undergoing cancer treatment. The first 4 treatments are free and thereafter on a donation basis. Tel: 01483-406618
 - New Approaches to Cancer, Chertsey offer Yoga in Woking on Tuesday 1pm-2pm, Claygate on Tuesdays 3.30pm-4.30pm and Ashford Hospital on Thursdays 12.30pm-1.30pm and Friday 11am-12pm. Tel 0800-389-2662.
 - Yoga for Pregnancy classes. Tel: Babs Lehner 01252-676956.
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8. **Gift vouchers** available for any value towards any treatment or combinations of treatments – CranioSacral Therapy, Massage and/or Aqua Detox and Life Coaching.

Birthday discount of £5, on all treatments, during the week of your birthday. Please advise me on booking.

9. **About this newsletter** - This is a free newsletter written and distributed by Patricia Spence at HandfulOfCherries.com. My intention is to inform, inspire and promote a holistic lifestyle.

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