

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

**Well Being**

Issue 41 – June 2009

**WELL BEING NEWSLETTER** : Information and Inspiration from Patricia Spence  
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Greetings. Oh glorious summer. I am making sure that I get my daily dose of Vitamin D. I love the way everything grows so quickly in the summer - my potato plants are ginormous. Mmm delicious potato salad. I wish you all a glorious summer and time to enjoy it.

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### **CranioSacral Therapy (CST) – Paediatrics and SPD**

I mentioned in the March newsletter that one of my CPD (Continued Professional Development) courses this year would be another Paediatrics course. Well, what a wonderful course it was, and even the weather in Perth was good. This time the tutor's particular passion is Sensory Processing Deficit (SPD). We learned how to recognise some SPD signs and symptoms in children; what CST techniques to use and some useful exercises and tools for parents and children to use on each other. We looked at baby from conception to birth and beyond as well as things like the neurology behind behaviour. We were told that the crawling stage stimulates corpus callosum development. The corpus callosum sits between the two halves of the brain and is responsible for the integration of the two hemispheres; intellect and intuition; arts (music, colour etc) and academic function such as grammar and arithmetic. (That's why I'm rubbish at arithmetic!) It was interesting to recap the stages of the development of the brain in the foetus and skull development. I had forgotten that the occiput (the bone or bones, in the case of children, at the base of the skull) only becomes the one bone that you and I know between the ages of 7+9 years. Up until then it's in 4 pieces. One of the internal bones (the ethmoid) is finally fused from 3 bones into 1 bone around 16 years. We were also given information from a study performed by the American Red Cross on the toxic exposure of newborns. Umbilical cord blood of 10 babies was examined right after birth and an average of 200 toxic man-made chemicals was found. It was only a small study but it does give you pause to think...

During the workshop we also had an opportunity to treat children and babies from 3 weeks to 12 years, who displayed a variety of symptoms such as Down's Syndrome, aspects of Autism and ADAH and more. We also treated parents and siblings. For 2 days the room was filled with 40+ students and assistants plus 20 children, parents and siblings and amazingly it was not chaotic or noisy. It was focused and calm and at one time the 3 year old from the next door couch decided he fancied the toy being played with by the 2 year old my team was treating. He came over with his therapist and the two children interacted with each other and the therapists for a spell. It didn't take away one ounce from the treatment, but in a funny way added to it. It was a great experience to be part of such a mass treatment time where there was a place and space for everyone. I will certainly be signing up for more courses with this tutor and I look forward to putting into practice what I've learned.

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### **Massage : How Upper Neck Muscles Influence Hamstring Length**

I have moved this subject from the CST section in the March newsletter to this section as I was asked, by one of my massage clients, how the suboccipital muscles could possibly affect the hamstring muscles.

My explanation for this is the mechanical way muscles work as trains (a number of coaches attached and pulling each other). As early as the 1930's work done by German anatomists describe similar ideas. French osteopath and physiotherapist, Leopold Busquet, describes "chaines musculaires" which are based on functional connections, and finally my source, Thomas Myers, describes muscle trains based on direct fascial connections. Just one of the muscle trains Meyers describes is the Superficial Back muscle train. This connects the entire back

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surface of the body from the bottom of the feet to the top of the head in two pieces – toes to knee and knees to brow. This includes the suboccipital muscles just sort of behind the ear at the cranial base. It is the deepest layers of this muscle that are crucial to opening up the entire Superficial Back train including the hamstring muscles. Other muscle trains he describes are the front, spiral, arm, functional.

A quote of Meyers that I love and is in line with my philosophy is this "The heart of healing lies in our ability to listen to perceive, more than in our application of technique."

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A lovely quote for the summer.

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.

~Nursery rhyme quoted by Wayne Fields, What the River Knows, 1990

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### Life Coaching : Lemons and grapefruit

This is a wonderful quote attributed to Oscar Wilde about a grapefruit having been a lemon that had a chance and took it.

"Assuming that becoming a grapefruit is better than being a lemon (although, personally, I prefer lemons), it's sweet to think of a little, yellow lemon thinking, "I can do this! I can completely change all these things about me to grow and expand and wake people up!"

"We have many more tools than fruit and vegetables.

Is there anything that you look at and think, 'Wow, it must be amazing to be \_\_\_\_\_!?'

Whether you like to dream a little about living the life of an actor, author, philosopher, activist, athlete or even your confident colleague, stop telling yourself it's impossible.

Instead of saying, 'Ah, yes, but I'm just a lemon. A different species!' ask yourself 'What if there were more to me and I could expand to include \_\_\_\_\_?'

Once you've identified something you want to experiment with, plan to make a change. Study the differences between your current thoughts, behaviours and so on and that of your particular "grapefruit".

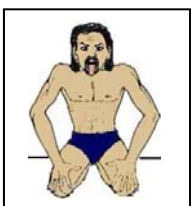
Do you need to learn new skills? Polish existing skills? Gain experience?

Plan your transformation and make it happen!"

Ref: Wellbeing network

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### Yoga : Pose of the Month – Simhasana (Lion's Pose)



Due to pressure of work Dale hasn't been able to do this section, so it's my choice this month. For the fun of it and in honour of children of all ages enjoy this pose.

Kneel with the knees wider than shoulder width, big toes touching. Lean forward onto hands, fingers spread. Lift chin 2"/3" and stick your tongue out as far as comfortable. Turn your eyeballs upwards and inwards. Inhale deeply through nose and exhale through mouth making a

roaring sound like a lion – aaahhhhhh! The sound should not be forceful or irritate the throat. Do this as many

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times as is comfortable. Then relax face and close eyes breathing normally for a few rounds and begin again.

The lengthening of the tongue activates the hyoid muscles in the front of the neck, the sternum (breast bone) rectus abdominis, the pubic bone and the pelvic floor; activates the digestive system. Also activated are the thoracic and pelvic diaphragms and the superior and medial rectus muscles of the eye.

Stretching are the jaw muscles in particular the temporalis (the large muscle that extends from just above the ear canal up the side of the head in the shape of a fan), masseter, lateral and medial pterygoids and tongue. The temporalis and masseter are often contracted (the action of clenching teeth) when stressed. This also has affects the TMJ (the bottom jaw joint) and can result in headaches, ear aches and problems and aches and pains of the face. Practice this when any of these symptoms appear and after dental treatment. It will help resettle your jaw and mouth structures.

References: Yoga Anatomy, Unisex Yoga by Lilian K Donat, Hatha Yoga Pradipika.

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This quote is in honour of my dear friend Ann who inspires me to do the thing I cannot.

*You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along." .... You must do the thing you think you cannot do.*  
-Eleanor Roosevelt

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### **Ayurvedic Home Remedies for Relief of Itchy Eyes**

A simple home remedy to soothe itchy, irritated eyes, is to put 1 teaspoonful of whole coriander seeds in to half a cup of boiled water. Cover for 10 minutes. Strain into another cup and when cooled soak a cotton ball in the water. Squeeze out any excess liquid and lay back with the pad over your eyes for a few minutes. This remedy is also excellent for conjunctivitis.

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### **What's Happening**

- Yoga classes. Tuesdays at Wesley Hall (Green Room), Methodist Church, Alexander Road, North Camp. Class 1 - 6:00 to 7:30 pm. **The First Class is FREE.** Tel: 01252-333738. Further information can be found on [www.DaleSpenceYoga.com](http://www.DaleSpenceYoga.com).
  - 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.
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**Gift vouchers** available for any value towards any treatment or combinations of treatments –

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Birthday discount of £5, on all treatments, during the month of your birthday. [Please advise me on booking.](#)

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## *Voucher*

£15 discount for introducing a friend to my practice.

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**About this newsletter** - This is a free newsletter written and distributed by Patricia Spence at [HandfulOfCherries.com](http://HandfulOfCherries.com). My intention is to inform, inspire and promote a holistic lifestyle.

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