



# NEWSLETTER

Issue 12

Autumn 2006

## COURSES & EVENTS

### Reiki Share / Supervision

Monday Nov 6th 7.00-9pm

These sessions are practical sessions for all Reiki I/II students & practitioners to help you to gain confidence in giving reiki & share experience. (No fee – donations only for refreshments if desired).

### Usui Reiki I Training

Sat. Nov 11th 10-5pm

Reiki is a gentle yet powerful method of healing which can be channelled for the benefit of all living things, including plants. Level 1 will give you a powerful tool for self-healing. Course fee of £75 includes comprehensive manual, vegetarian lunch /drinks.

### Introduction to Meditation

Monday Nov. 20th 7-9pm £5

An informal introduction to meditation for beginners. There are many different ways that you can choose to relax and meditate that can benefit your health.

*Your life can be transformed in just a few minutes each day!*

Suitable for those who have little or no experience of meditation, or if you need a “refresher” course. (There will be a 4 week course on meditation & energy healing including the chakra’s; how to use affirmations, visualisation & the chakra’s (in-body energy centres) in the new year).

*Booking is essential for all courses as places are limited. If you would like further information about this or other courses please ask Maggie.*

## Taking the fear out of Cancer

The rising numbers of cancers of all types can scarcely have escaped our attention with breast cancer being the second biggest killer in western women today. Most people know of someone who has a fear of getting cancer, has had a cancer “*scare*,” “*battled against*,” or “*lost the fight*” against cancer. In most cases cancer is surrounded by fear.

Complementary practitioners in all fields generally recognise the immense power of thought over physical & emotional health, so having an intense or prolonged fear of cancer can create negative energy within the body. Repeated negative thoughts can become stored in our energy centres – *chakras* - creating changes in cells, tissues & organs.

### *So how can we take the fear out of cancer?*

If we look at *all aspects* & potential causes of cancer - not only physical causes such as exposure to chemicals – & consider how & why these affect our body, we can make changes & choose to become *actively positive* rather than passive or negative. We become responsible for our own health - becoming the “*Master of our own destiny*” rather than a “*victim of circumstance*”.

### *So what are the potential causes of cancer?*

#### Toxic overload

There are many factors that are thought to be linked to cancer such as:

- Genetic predisposition, especially breast & some rare cancers
- Environmental influences & pollutants e.g. smoking, electro-magnetic fields such as mobile phone masts & electrical equipment
- Lifestyle & nutrition e.g. toxins & carcinogens in foods

#### Mind – Body Theories

Such theories argue that people are more likely to develop cancer when they feel out of control, or overwhelmed by events in their lives. Also a chronic internalisation of negative emotions such as anger which “eat away” at you.

*So how can we reduce our chances of getting cancer?* P.T.O.



MAY BANK HOMEOPATHIC PRACTICE AND REIKI TRAINING CENTRE REGISTER

Sept '06: Congratulations to the following students who are now attuned to Usui /Tibetan Reiki level 1:

Suzanne Bevington

Paula Miller

Lesley Patricia Anne Clarke

Jill Seabridge-Chadwick

## Health Tips

### Diet is vitally important in cancer prevention & treatment.

Reducing meat, dairy, alcohol & food containing additives & pesticides can help to detox the liver.

*Drink at least 2 litres of filtered water per day & add a little lemon juice &/or a few drops of the herb milk thistle to aid detoxification.*

**Green tea** contains flavinols that slow the progression of cancer cells.

Eat organic, low fat, high fibre, whole foods & unprocessed foods.

**Pomegranates** contain 4 components that have known anti-cancer properties. Blueberries, black-berries, raspberries, strawberries & black cherries contain cancer fighting phytochemicals.

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### Vitamin C can kill cancer

Suggests Linus Pauling – a Nobel prize winning chemist & physicist . High doses of vitamin C have been shown to kill cancer cells & stop their regrowth in lab tests. Vitamin C also supports the immune system & protects against cancer & heart disease. (available from practice shop)

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### Regular exercise helps to fight cancer.

By enhancing immunity, oxygenation, lymph drainage, respiration, elimination & strengthening organs.

# Reducing Cancer Risk



A number of “mind technologies” have been shown to have profound effects on the body’s immune system.

- *Take responsibility* for your “well-ness“ but also your illness, its’ treatment & your life. One study showed this was a predominant factor in 9 patients who survived a diagnosis of terminal cancer.
- *Meditate* – just a few weeks of meditation has been shown to raise the immune system.
- *Use positive affirmations* to clear your mind of negative thoughts. Constant repetition of phrases such as “I am healthy & well” seeds the unconscious. *Release stored negative emotions* such as fear & resentment.
- *Use visualisation* – e.g. imagine your body being cleansed with healing light or a waterfall. Access your “inner vision” by closing your eyes & imagining that you are looking out through the 3rd eye chakra or “Ajna centre” between the eyebrows. Rub this area gently to activate. Hold a positive image of yourself in your mind whenever you feel anxious or unwell.
- *Try Neurolinguistic programming* to re-programme your mind with positive thoughts, expectations & attitudes.
- *Live your dream!* What is your real life’s purpose? If you are not achieving this start to “sing your song” now! Let go of the past & live in the “present.”
- *Love, forgive & accept* - yourself, others & your life as it is not how you think it *should* be. The desire for perfection can be a cancerous trait.

If you are diagnosed with cancer, seek positive therapists & medics who will work with you towards recovery & don’t accept an inevitably negative outcome. Be guided by medical opinion but do not accept the negative perceptions of others. You can transform your mind & body by addressing emotional causes & not just treating symptoms in isolation.

References: WDDTY Vol 16 no.7 Oct. 2005

## Practice Shop



The practice shop stocks healthy food, vitamin & mineral supplements & household / body care products that can decrease toxic overload that may contribute to cancer. All are sold at below the recommended retail price.

*If you would like more information about cancer or other health problems please ask Maggie at your next consultation. Regular treatments with homeopathy & Reiki are amongst the most effective alternative therapies to protect yourself against many health problems, including cancer.*

### NEW BOOKS

Loans from the practice library are for up to 3 months. A small range of cassette & video/DVD’s are also available. Donations of up to £1 are welcome as this helps to purchase new titles. Recent additions are:

#### “The Biology of Belief” Bruce Lipton

A wonderfully informative & empowering text written by an internationally recognised authority on bridging science & spirit. Read for yourself how our thoughts actually influence our physical body at cellular level.

#### “Reiki For Emotional Healing” Tamaya Homervogt.

Reiki healing may be a powerful tool in the prevention & treatment of all health problems including cancer.

This is an in-depth, practical guide to how you can use Reiki to heal yourself and others. Highly recommended if you are just starting on the path to healing or if you are considering doing Reiki training.

*(Please see overleaf for details of reiki level 1 training & reiki share meetings.)*

#### “Alternative” Xmas Ideas

If you are looking for holistic Xmas pressies– visit the practice shop. Chakra crystal sets £3.50; individual crystals from 10p each; energy sprays £8.50; remedy kits or homeopathic / Reiki gift vouchers from £10; meditation / relaxation CD’s from £5; Angel cards from £7.