



Holistic Heart

Australian Holistic Healers & Counsellors Association
November 2010

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A note from the AHHCA President

Hi All,

Spring and summer are here celebrated with the bursting buds, blossoms, colourful flowers and vegetables. I hope everyone has adapted to the changed conditions of Daylight Saving hours. The changeover of time takes a bit of getting used to and I imagine those with young children find it difficult also. Summer and the heat it generates for some is gratefully received. I find it difficult to breathe in the heat and wish for the temperature to change. An article on [taking care of the skin and protecting it](#) is good to review.

I have also achieved Life Membership requirements, having worked for fifteen years with the association since 1995. I have acted as secretary and president for a number of years over this time. I will be retiring as president following this term of office in November and have enjoyed seeing the association grow and develop. And I wish to thank all those who I worked with in this time. Please consider offering your services to help run the

organisation. There are a number of positions with which AHHCA need support. At the moment there are a few hard working people holding the AHHCA together. Please think about nominating for a position. Our aim is to keep the organisation running smoothly to offer Holistic Healers credibility as a self regulating organisation. There is a list of positions [vacant](#) in the newsletter.

Our Skype meetings are still being trailed but looking to be worthwhile it will certainly cut out some travelling to meeting when working well.

Articles for the newsletter are always gratefully received.

The best wishes for you and your families for Christmas and the holiday season.

Helen
President AHHCA

ARE YOU AN ACTIVE MEMBER?

Are you an active member, the kind that would be missed?

Or are you just contented that your name is on the list?

Do you attend the meeting and mingle with the flock?

Or do you just stay home and criticize and knock?

Do you take an active part, to help the work along?

Or are you satisfied to be the kind that "Just belongs"?

Do you ever voluntarily help at the guiding stick?

Or leave the work to just a few and talk about the 'clique'?

Come to our meetings, and help with hand and heart

Don't just be a member, but take an active part

Think over this member, you know right from wrong

Are you an active member or do you just belong?



AHHA OFFICE BEARERS 2010

President	Helen Bramley Jackson Phone 03 5447 9331 Email helenbj@optusnet.com.au
Secretary	Gayle Powell
Vice President	Eve Francis
Treasurer	Stephanie Egan
Public Officer	Gayle Powell
Administration	Gayle Powell
NSW Representative	Chris Purchase
QLD Representative	Tim Fraser
WA Representative	Marilyn Marshall
Project Research Officer	Marilyn Marshall
Education Committee	Helen Bramley-Jackson, Stephanie Egan

AHHCA OFFICE

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Email ahha@bigpond.net.au

AHHCA office is attended on Thursday. Message service available remainder of the week.



Election of Office Bearers

All Executive and Ordinary Committee Member positions are to be declared vacant at the AGM on.

Executive Positions: President, Vice President, Treasurer, and Secretary.

Ordinary Committee Positions: Marketing Officer, Project Research Officer, Web Consultant and Interstate Representatives for QLD, W.A., S.A., N.S.W., and Tasmania.

Elections will take place at the AGM on the 14th of November 2010.

Nominations are now called. Nominations are to be received by the Administrator no later than 11/10/10

AHHCA
11/75 High St Woodend
Telephone: (03) 5427 4604
Email: ahha@bigpond.net.au

Nomination

I wish to nominate

for the position of.....

Date Proposer.....

Secunder.....

Iaccept nomination for the position

ofin the AHHCA.

SignedDate.....

Proxy

I, the undersigned, being eligible to vote in the election of office Bearers, nominate:

.....Membership Number:.....

or Secretary, Gayle Powell to vote on my behalf.

SignedMembership Number:.....

Date:.....



International Therapist Views

Helen Bramley-Jackson

Maggie Phillips a psychotherapist and psychologist from America was in Australia last year facilitating workshops on body focused healing. I attended one of her workshops in Melbourne and found many of the techniques she used were familiar to me.

Her book Finding the energy to Heal describes the techniques she suggests can help restore Mindbody Health some of these are Hypnosis, NLP, Imagery, TFT, Meditation. Maggie uses these techniques to emphasize the principles of gathering and building on strengths that each client already own.

News From the Mindbody Health Frontier Maggie Phillips Ph.D

There's great interest in using mindfulness to resolve pain and stress these days. From my point of view, mindfulness is a basic skill that can be combined with any method to provide more effective treatment of common symptoms of stress, pain, and anxiety.

Mindfulness can be defined as having 3 basic components: 1) Awareness 2) of present experience 3) with acceptance. These elements ensure that you can learn to focus on the present moment. Unfortunately, we often become lost in memories of the past and fantasies of the future, or we engage in struggles to escape the present moment, especially if we are experiencing pain.

If you take a moment now to explore a positive experience that you really value, aside from the content of what was happening at that time, the salient quality involves presence - that is, it's likely that you were fully present, noticing and connecting with all that was happening at that particular moment.

Mindfulness, which is a powerful antidote to pain, anxiety, and stress, involves regular practice.

What separates mindfulness meditation practice from other forms of meditation?

- Not having a blank mind; instead it's important to focus on the fullness of the mind at any given moment;
- Not getting rid of emotion; instead we become more aware of feelings and feel them more completely. This is an important step since "you cannot heal what you do not feel;"
- Not withdrawing from life; instead of retreating to an environment secluded from the rest of the world, mindfulness helps us experience our daily lives with moment-to-moment attention;



Mindfulness Meditation Exercise:

Mindfulness of the sensations and feelings in the body

Before you begin, go through the settling, relaxing and focusing activities.

When you are relaxed, with good posture, just rest in that state for a while, easy and relaxed. Be here and on the spot, experiencing your own presence, where you are right now.....

If you can hear any sounds that threaten to be intrusive see if you can simply note them - hearing, hearing, hearing while they are persistent..... Otherwise, just notice the background sounds coming and going. (Pause for thirty seconds.)

Then gently bring your attention to the breath..... Notice the flow and touch of the breath in your body. Become aware of where you have the strongest sensation of the breath's touch in your body.....

Centre your awareness on the sensation of the breath at that place in your body, feeling the fullness of each in-breath and each out-breath, staying with the movement and touch of each breath in your body. (Pause for one minute.)

If you become aware of any feeling or sensation in your body that is stronger than the breath, let go of the focus on your breathing and focus your awareness on that sensation in your body, observing clearly its location in your body and labelling it as simply as you can: itching, itching, itching; or throbbing, throbbing; or burning, burning, burning - whatever label is appropriate. Stay with it, labelling it simply while it is stronger than the breath.....

When it passes or softens bring your attention back to the breath. (Pause for a few minutes.) Whenever there is a feeling or sensation in your body that is stronger than the

breath, bring your attention to that feeling or sensation, observing it and labelling it simply while it is present.

Don't get caught in any commentary or story about the sensation; simply observe it and label it while it is there and stronger than the breath. Keep coming back to the breath.

Your awareness of the flowing movement and touch of each breath is your anchor. (Pause for five or six minutes.)

Now notice where your attention is at this moment. Bring it back to the breath and see if you can stay fully present to each breath for the last couple of minutes. (Pause for two minutes.)

Before you finish, take some time to change the rhythm of your breathing by taking some slow, fuller, deeper breaths, moving and flexing Your limbs as you exhale. Open

Your eyes gently when you are ready.



“Seeing” and working with our unseen energies

Harry Oldfield `Electro-crystal Scanning and Rebalancing and Polycontrast Interference Photography (PIP) were invented by British scientist Harry Oldfield. He is a world famous expert in Kirlian Photography and Founder/Principal of the School of Electro-Crystal Therapy in London, U.K. The School is a member of the Institute for Complementary Medicine and has medical doctors supporting its work.

Our Energy Field is the result of everything that has happened to us during our lives including traumas, illnesses, lifestyle, stress, etc. If not corrected, our energetic pattern will continue to be unbalanced and cause further disruption at all levels - physical, emotional and mental.

This system is a non-invasive method of energetic diagnostic assessment and realignment of the energy field. Using battery operated equipment, it combines natural crystals and gemstones with pulsed electromagnetic signals. Research has shown that the resulting composite resonant vibrations are very effective in restoring the energetic balance of areas treated with this technique.

Electro-Crystal Scanning, through multiple measurements taken with a sound meter, gives a three-dimensional picture of the energy field. On the basis of this scan (and in combination with PIP scans), the appropriate rebalancing sessions are given on chakras (energy centres) and relevant areas of the body.

Polycontrast Interference Photography (PIP) is a revolutionary computer imaging system which shows colour patterns in and around the body. These images are representations of the body's energetic field and have proven to be a valuable aid in analysing the current energetic state. Harry Oldfield and his co-workers in a wide range of applications of this invaluable tool are currently carrying out extensive research

Find out more information of this technique at www.electrocrystal.com



Skin Sunscreen and protection in the sun

This information is based on current available evidence

Latest update: August 2010 Sunsmart.com.au

Cancer Council Victoria recommends SPF30+ broad spectrum, water-resistant sunscreen. Sunscreen should not be used to extend the time you spend in the sun

Sunscreens with a sun protection factor (SPF) of 4 and above are listed on the Australian Register of the Therapeutic Goods Administration (TGA). Products can only be listed on the register if they comply with the Australian/New Zealand Standard for sunscreen products (AS/NZS 2604:1998) The highest SPF for sunscreen currently available in Australia is SPF30+.3

The SPF number is only a guide to a sunscreen's protection properties. How long a person will take to burn depends on the time of day, the time of year, the amount of UV reflection, how cloudy it is and their skin type. It is impossible to calculate all these things in everyday situations. In laboratory conditions SPF30+ sunscreen filters around 97% of UV radiation. However, many Australians apply too little sunscreen. This means they usually get less than half the protection stated on the product label.

There are different types of ultraviolet (UV) radiation. UVA radiation penetrates deep into the skin, affecting the living skin cells that lie under the skin's surface. UVA causes long-term damage like wrinkles, blotchiness, sagging and roughening, and also contributes to skin cancer. UVB radiation penetrates the top layer of skin and is the main cause of skin damage and skin cancer.

Broad spectrum sunscreen filters both UVA and UVB radiation

Sunscreens contain ingredients that absorb UV radiation. Examples include octyl methoxycinnamate (OMC) and methylbenzylidene camphor, prime UVB filters; and butyl methoxycinnamate, a prime UVA filter.

Some ingredients absorb and reflect UV radiation, such as zinc oxide and titanium dioxide, which are also prime UVA and UVB filters. These two ingredients are less likely to cause skin irritation.

The Australian TGA monitors the scientific literature regarding the safety of specific ingredients of sunscreens. Its conclusions are that there is no evidence that sunscreens containing these ingredients pose any risk to those using them. The only long-term study of sunscreen use in Australia found no harmful effects of regular use.

Recently, there have been questions raised about the safety of sunscreens that contain nanoparticles. Nanotechnology has been used in sunscreens for many years. To date, the best available evidence suggests that nanoparticulates used in sunscreens do not pose a risk. Sunscreens also use 'microfine' or 'micronised' particles, which are larger than nanoparticles (nanoparticles are smaller than 100 nanometres and invisible to the human eye – a nanometre is 0.000001 millimetre). Microfine particles are smaller than those



used in conventional white zinc sunscreens, however are larger than nanoparticles – usually in the range of 100 to 2500 nanometres.

Sunscreen can be bought as a cream, lotion, milk or gel. All sunscreens labelled SPF30+ broad spectrum work well. Price is not always an indication of quality. Choose the one that best suits your skin type and activity.

If you have sensitive skin and have had a reaction to a sunscreen, try a fragrance-free product. If you don't want sunscreen residue left on your hands, a gel may work best for you.

Not all sunscreens contain the same ingredients. If your skin reacts to one sunscreen, talk to a chemist or doctor about choosing another with different ingredients.

The Australasian College of Dermatologists recommends the use of a sunscreen 'at any age when there is unavoidable exposure to the sun' and states sunscreen is safe to use on babies. However it is best to keep babies and toddlers out of the sun or well protected using other forms of sun protection.

Many brands of sunscreen have a babies or toddlers formula. These are just as protective, but much gentler on their skin. Sunscreens with titanium dioxide or zinc oxide work largely by reflecting the UV radiation away from the skin, and are less likely to cause problems with sensitive skin. Test the sunscreen on a small area of the child's skin before using it, to make sure there is no reaction.

Check the expiry date and storage conditions on the label. Most sunscreens last about two or three years. They should be stored at a temperature below 30°C. If left in excessive heat (e.g. in the glove box of a hot car or in the sun on the beach), over time, the product may not work as well.

Extra care should be taken between 10 am and 3 pm; this is when UV Index levels reach their peak.

To find out UV Index levels look for the SunSmart UV Alert in your daily newspaper's weather section or visit www.bom.gov.au/weather/uv or www.sunsmart.com.au

Live UV levels for Capital cities are available from www.arpana.gov.au/uvindex/realtime





MEMBER'S SECTION

If you would like to send a message to other members, network or advertise your services in this section, please send an email to helenbj@optusnet.com.au.

A note from Christine NSW Representative:

Any NSW members can contact her at the following address:

Chris Purchase at Aquamount Essences

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