



The Art of Healing

a holistic approach to health and healing

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Orphan
WISDOM

In Conversation
With:
**David
Packman**

on Men,
Meditation and
MASCULINITY

How Would You
Describe the
Soul?

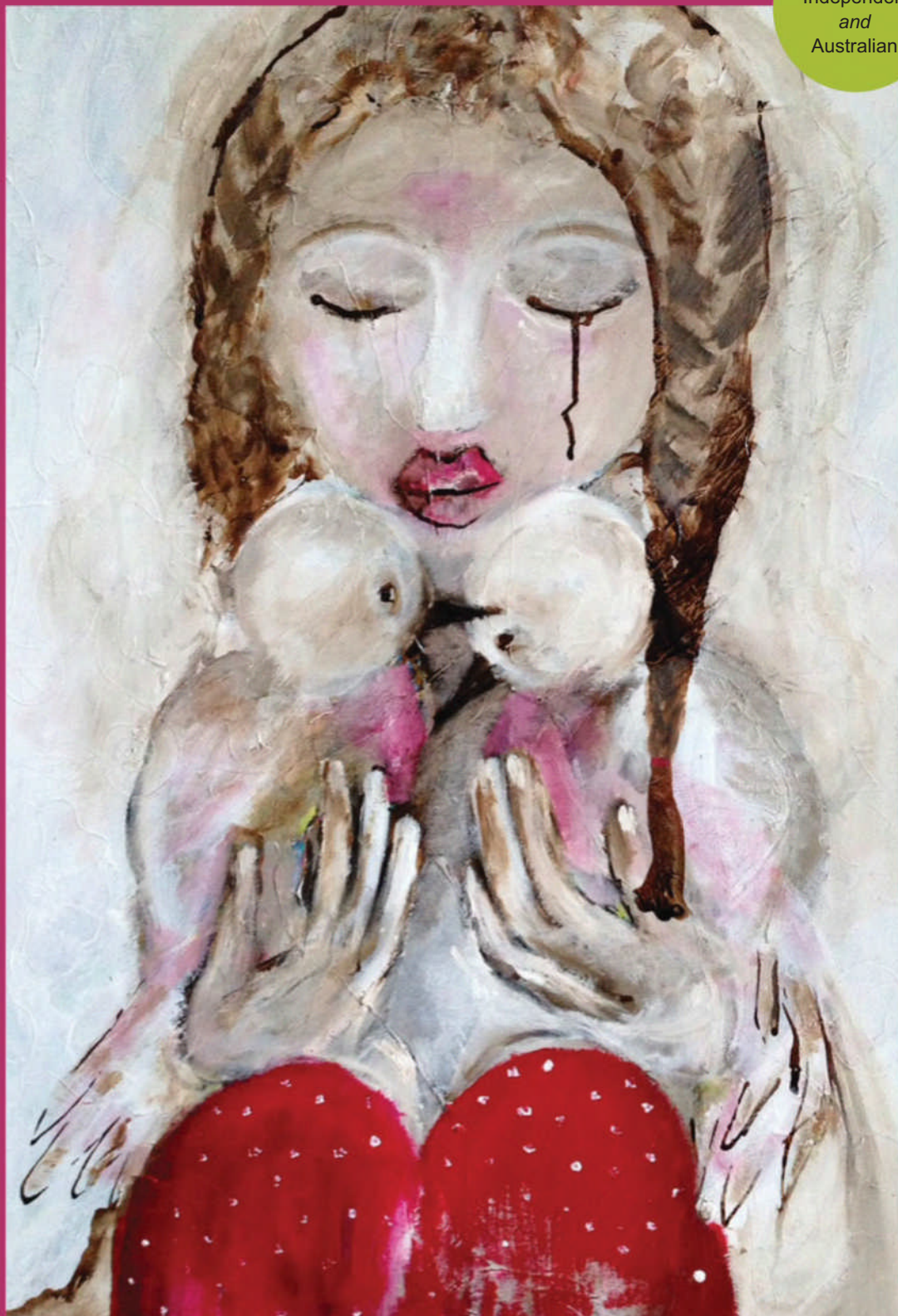
**INTERVIEW with
Psychologist:
Dr Debra
Campbell**

DBT

Awaken Your
Unlimited
Potential!

Fat Yoga

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The Common Core

I don't believe that you're different from me
even if you believe you are.

I don't accept that I have my 'people' and you have yours
and that the lives of our peoples have a different value.

I don't believe that babies are born with distinctions
already belonging to a religion or nation.

I don't believe that human beings die with distinctions
and belong to different sections of a cemetery.

I acknowledge your need to define yourself
I understand your need for belonging
but you can't separate yourself from me
without making yourself feel more alone.
You can't withhold your empathy from me
without hurting yourself inside.

Your thoughts may convince you of distinctions
but they can't change you underneath
where there is no solidity or boundary
and our beings infuse each other, and everyone else's too.

I accept allegiance only to the human race.
I recognise only our common core
the essence beneath identity
the deep shared space where we are one.

by Steve Taylor



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editor's note

I have had a sense, very recently, of what it means to be disconnected, albeit from a distance and only a short period of time ... It is just the incessant computer work which draws you in, and takes you away from what is real. My challenge each day is to take myself out for a walk, or do yoga – each and every day to do something. And over the last week or so, I haven't quite got there. So, I have been a bit perturbed by this lack of discipline, and I have been very aware of having less movement and activity in each day. But what I think I have changed - or I am working on it at least - is my attitude to this lack. I am just letting it be. When the time is right, and when I am more able, I will get back to it. So this is what happened, and then when I first started doing my daily walk again, I noticed how much of the walk I missed, because I wasn't present. It would be in the last part of the walk only, that I really started to notice the trees, their colour and their movement, any change in the surroundings. The rest of the walk, I had been in my head ... ring some bells for you too?

When I finally got to do my yoga again, my experience was a bit different. When I actually got to my mat, I was really ready for it and wanted to do it. And I was so surprised that I hadn't lost much fitness. I have undertaken many forms of exercise over the years, and yoga really is so special in this regard. It is just this inner strength that it gives you, that doesn't go away. It's like ... it is there waiting for you.

So I really resonated with the article *Why Yoga?* by Nevena Krups in this issue, as this is exactly what she has experienced as well. I also really love the extract from the book *Fat Yoga* by Sarah Harry - as unfortunately there does seem to be a bit of 'stylising' going on in the yoga world, so I really take my hat off to everyone who gets past that.

And I am really loving shifting the focus and presentation of the articles we bring to you in *The Art of Healing*, from being so concentrated on the services side of the natural healthcare industry, to being more about people and their stories. So I hope you like our different 'feel' and enjoy the interviews with Dr Debra Campbell and David Packman, both amazing people who are willingly **sharing** their lives in the hope it will help others. **Love your life** and more soon ...



OUR COVER ARTIST Susie Sweeney



Susie Sweeney was born in Berlin, Germany in 1972, a city that was at that time still surrounded by the Berlin Wall. Susie's parents had escaped to the west in 1961 when the wall was built, leaving their grandparents and siblings behind. This family separation was

forever present for Susie as she grew up, building a wall around her own heart. Her hunger for finding answers to her suffering took her on a journey to Africa and then to India to study Yoga and Ayurvedic Medicine, the science of the body/mind. For the past 25 years she has been a student of this path and she also shares her practice of Yoga with others.

"All of my art is an expression of the many feeling parts of me and the observed tender nature within one another. I hope to reflect this inspiration to others so they too can feel deeply into their own heart reality and find a place of care to rest their busy mind and souls."

For the past 20 years, Susie has lived in Australia where she has raised three children as a sole parent. "The daily need to be present and engaged with these beautiful beings has inspired me to continue to be open to soft, receptive, innocent and playful qualities when the many challenging times in life were clouding the possibilities for endless joy," she says. "My urge to paint comes with the quiet place I find by pushing my fingers or brush over the canvas or paper. I call it a healing alchemy in creating." Susie is also the producer of the *Byron Heart Journal* which includes inspirational art, suggested exercises, and lots of blank pages for others to journal and create.



Herbal Tea Has Rare Ability to Kill Cancer Cells Without Damaging Other Cells

by John Summerly



More than 80 percent of all cancers in the world today are initiated by toxins, which cause failures in the regulation of the cell cycle, starting with the formation of cells and ending with programmed cell death. So what if there was a herbal tea extracted from a plant that exhibited anti-cancer properties and interfered with this process, making it impossible for cancer to grow?

The regulation of this cell cycle is achieved by a protein which is a natural tumour suppressor and is in charge of ordering human cells to die when they come to the end of their life, a process known as apoptosis. For many factors, mainly

DNA damage, sometimes the protein fails, and the tumour cells that were supposed to die in this natural cell cycle continue growing in the form of tumours and their malignant form, cancer. For that reason, finding active constituents and molecules that help to activate this protein has been in the scope of scientists for quite some time.

Recently researchers from Aston University and Russells Hall Hospital in the UK have found that *Fagonia cretica*, a type of herbal tea that is popular in Pakistan, may offer benefits for women with breast cancer, because it possesses the rare ability to kill cancer cells without damaging cells or tissue surrounding a tumour.

Study Findings

Writing in the journal *PLoS One*, the UK-based researchers noted that the plant (also known as Virgin's Mantlem), has long been used in rural Pakistan to help women with breast cancer. The lab-based findings suggest the *Fagonia cretica* plant, found in arid, desert regions of Pakistan, India, Africa and parts of Europe, contains potential anti-cancer agents acting either independently or in combination against breast cancer cell proliferation.

Professors Helen Griffith of Aston University and her team's data have revealed - for the first time - that an aqueous extract of *Fagonia cretica* can bring on cell cycle death via p53-dependent and independent mechanisms ... our findings indicate that *Fagonia cretica* aqueous extract contains potential anti-cancer agents acting either singly or in combination against breast cancer cell proliferation via DNA damage-induced FOXO3a and p53 expression." Professor Griffith and Professor

Amutul Carmichael, who co-led the study, stated that their further aim is to identify which element or elements of the plant are responsible for killing the cancer cells with a view to eventually beginning research in people with cancer. "More research is needed to establish the role of the extract in cancer management. It now needs to be demonstrated that this extract is as effective in killing cancer cells inside the body as it is in the laboratory [setting]," said Griffith.

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Europe is on the Brink of Completely Banning Bee-Killing Insecticides

by Alex Pietrowski



As the first North American bumble bee has been officially added to the list of endangered species in the U.S., the European government is making a move to prohibit the use of neonicotinoid insecticides, which are widely believed to be a major contributing factor to the rapid collapse of the world's bee and pollinator insect populations.

The European commission (EC) has drafted regulations which would end the use of neonics, a family of agrichemicals which pose a 'high acute risk to bees.' As *The Guardian* reports:

"The EU imposed a temporary ban on the use of the three key neonicotinoids on some crops in 2013. However, the new proposals are for a complete ban on their use in fields, with the only exception being for plants entirely grown in greenhouses. The proposals could be voted on as soon as May 2017 and, if approved, would enter force within months."

However, the European commission (EC) has decided to move towards implementing a complete ban now, based on risk assessments of the pesticides by the European Food Safety Authority (Efsa), published in 2016.

... the EC concluded that 'high acute risks for bees' had been identified for 'most crops' from imidacloprid and clothianidin, both made by Bayer. For thiamethoxam, made by Syngenta, the EC said the company's evidence was 'not sufficient to address the risks.'

While agrichemical companies would like us to believe that more research is needed to disprove the presumption that these chemicals are of no harm to the environment and necessary to feeding the world,

others insist we need to stop using them now.

"The science is catching up with the pesticide industry – the EU and UK government must call time on neonics. Going neonic-free puts farmers more in control of their land instead of having to defer to advice from pesticide companies."

Paul de Zylva, Friends of the Earth

Final Thoughts

One has to wonder when the reality will sink into the public and political consciousness that bees and pollinators are critical to our lives, our food supply and even our economy.

"As honey bees gather pollen and nectar for their survival, they pollinate crops such as apples, cranberries, melons and broccoli.

Some crops, including blueberries and cherries, are 90-percent dependent on honey bee pollination; one crop, almonds, depends entirely on the honey bee for pollination at bloom time.

For many others, says the American Beekeeping Federation, crop yield and quality would be greatly reduced without honey bee pollination. In fact, a 1999 Cornell University study documented that the contribution made by managed honey bees hired by U.S. crop growers to pollinate crops amounted to just over \$14.6 billion."

If passed, implementation of this policy could begin as early as this year.

www.wakingtimes.com



5 Spiritual Lessons You Can Learn From Your Dog

by Tim Van der Vliet



Did you ever realise that God spelled backwards is Dog? A dog, and most other pets as well, retain that godliness that many human beings are born with but often lose over time. Dogs are natural spiritual teachers. There are many spiritual lessons to be learned from animals, and below are just 5 of them.

1. Tender Touch is Good for Your Health

We can learn from caressing our pets that physical touch is natural for us. We are naturally drawn to pet our pets. Even research shows that hugging is extremely good for your health as it instantly boosts oxytocin and serotonin levels and helps heal sickness, disease, stress, it lowers blood pressure, reduces stress and anxiety, and can even improve your memory. A tender touch makes you forget whatever bad things you might have been thinking about and creates instant happiness. Pet your dog or cat or whatever pet you have, and if you don't have one, try hugging people a little bit more!

2. There is Only Now

How does a dog approach time? Well they don't - at all. A dog is permanently in the now. A dog observes what is happening, and either becomes enthusiastic or he feels that it is time to rest his head on his paws and closes his eyes. We could do the same. We don't have to have an opinion about everything that is happening in our lives. If we feel there is something for us to be enthusiastic about, fine. If not, we can just relax and see what else we can observe that might inspire us.

3. There's Nothing Wrong With A Simple Life

If we can enjoy the little things in life we are truly happy. It is not about what we own and who we know. If a dog sleeps well, is getting fed and somebody walks him, he is happy, truly happy. Similarly, if we have good healthy food and get to take a walk outside, with or without our dog, we are getting closer to the essence of happiness.

4. Nobody is Perfect

Dogs still have imperfections too. For example with Sammy (my neighbour's dog and spiritual mentor), he is overweight and sheds, he has poor manners, he talks out of turn ... and he slobbers when he likes somebody! It has made me realise that nobody is perfect, and Sammy is no different. I am thrilled that my teacher likes me but every time I see him I have to take a shower or change clothes. Nobody is perfect, including spiritual teachers.

5. Play, Play, Play!

Dogs spend hours every day playing. The other hours they relax or wag their tails because they are happy, often for no apparent reason. I notice that when I have a problem with something in my life, it is often because I am taking things too seriously. If we can take things, and even our life, less seriously we would probably smile more. Maybe the greatest spiritual lesson we can learn from our dogs is to play more in life.

www.wakeup-world.com



Rhythm of Breathing Key to Controlling Fear and Emotional Behaviour

By Alex Pietrowski



We live in a fearful world with exposure to a deluge of stressors every day. As much as fear is a result of reacting to the actual or perceived events in our lives, it is also a biological function of the human body, and when equipped with an understanding of how the body manages the emotional system, we can easily outsmart it, tricking ourselves into emotional balance.

This perspective is scientifically validated by new research from the Northwestern University Feinberg School of Medicine in Chicago, Illinois, which discovered how the various rhythmic patterns of breath profoundly impact memory recall, the emotional body, and specifically the fear response.

The brain creates electrical impulses which link physical functions to emotional reactions, and the electrical activity of the brain is deeply affected by our breathing patterns. The outcome of this balance is determined by whether or not we are inhaling or exhaling, as well as if we are breathing through the nose or the mouth, as each variable creates a different electrical response within the brain.

In the Northwestern study, participants were shown images of human expressions while engaging in various patterns of breathing.

Researchers observed that people more easily process fear, and more readily recall images, while inhaling through the nose.

“One of the major findings in this study is that there is a dramatic difference in brain activity in the amygdala and hippocampus during inhalation compared with exhalation. When you breathe in, they discovered, you are stimulating neurons in the olfactory cortex, amygdala and hippocampus, and all across the limbic system,” says Christina Zelano, assistant professor of neurology at Northwestern University Feinberg School of Medicine and lead author of the study.

The amygdala is decisively linked to the processing of emotions, especially those related to fear, while the hippocampus is strongly linked to memory recall and the breath, which originates with the diaphragm and plays the critical role of regulating their function.

“Breathing is modulated at the diaphragm, and it is also the location where many physical symptoms associated with fear and anxiety manifest,” further noted Brett Wilbanks.

The differences in the brain which occur during unique breathing rhythms were recognised by looking at brain activity during the introduction of fearful or surprising human faces. They were found to be distinctively heightened during inhaling. Knowing this can be highly advantageous when you realise that your fear reaction is working overtime.

“We can potentially use this fact to our advantage. For example if you are in a dangerous environment with fearful stimuli, our data indicates that you can respond more quickly if you are inhaling through your nose,” said Zelano.

Furthermore, this validates the importance of meditation, which commonly centres on developing control of the breath in order to quieten the mind and normalise physiological function in the body.

The long-term results of a dedicated meditation practice include more stable and optimal emotional reactions to the world around us, indicating again that breathing is a critical component of living a fearless life.

This viewpoint is backed up by this research, as noted by Zelano. “When you inhale, you are in a sense synchronising brain oscillations across the limbic network.”

www.wakingtimes.com



Believe in **CHANGE**

The Australian Psychological Society (APS) is asking Australians to Believe in Change, and encouraging them to seek psychological assistance for mental health and life issues.

APS President Anthony Cichello MAPS says: "If we want to make change in our lives we need to believe change is possible."

It is estimated that only 45% of Australians with a mental health issue will seek assistance.

Mr Cichello said: "More than half of those with a mental health issue don't seek help. Many people struggle with issues that affect their wellbeing and quality of life when psychological assistance is available to help them to better, resolve issues, and move forward."

Psychologists are the largest mental health workforce in Australia. "Seeking psychological help should be as normal as going to the doctor for a physical ailment," he said.

Mr Cichello said the complexity of modern life adds to people's stress and challenges their coping skills and resilience. Additionally many of the traditional support structures of family and community no longer exist – making psychologists important for all our lives.

"As psychologists we are trained to walk in people's shoes – to listen and to understand. However alone someone may feel, they do not have to face challenges on their own. Psychologists offer solutions that have been proven by research to work."

www.psychology.org.au

Did You Know?

- 8 in 10 Australians think our society is becoming lonelier, while 6 in 10 say they often feel lonely (*Lifeline 2016*).
- Lacking social connections is as damaging to our health as smoking 15 cigarettes a day and people experiencing social isolation have an average of 29% increased mortality (*Holt-Lunstad, 2010 & 2015*).
- Real unemployment and underemployment continues to increase (26% over the past 11 years) and approximately 1 million Australian households (nearly 3 million people) experience financial stress.
- Approximately 640,000 Australians (5%) experience multiple and complex disadvantage leading to increasing levels of social exclusion.

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Dietary Changes Now Proven to Effectively Treat Major Depression

by Alex Pietrowski



It is estimated that globally some 350 million people suffer from serious depression. While the causes of depression are varied and largely unidentifiable, since the 1950's the pharmaceutical industry has been developing a broad range of antidepressants, and it is now thought that in America alone, 8-10% of the population is taking them.

The problems with antidepressants are wide-ranging including addiction, costs, and a host of unfavourable side-effects including emotional numbness and even an increased risk of suicide. While antidepressants may very well help some people cope with the overwhelming effects of depression in the short-term, pharmaceutical treatments do not cure depression.

Pondering the reasons for such a major increase in depression in our society over the last couple of decades, many have speculated that a combination of lifestyle, social disconnectedness in a technologically advanced society, lack of exercise, environmental pollutants, and an increased consumption of nutritionless and heavily processed foods are to blame. Yet medical science has been slow to fully acknowledge and recommend lifestyle changes to patients, often preferring the recommendation of pharmaceuticals.

A world-first study, however, recently conducted by Deakin University in Australia has shown unequivocally that major depression can be conquered with the right dietary changes.

“We have known for some time that there is a clear association between the quality of people’s diets and their risk for depression. This is the case across countries, cultures and age groups, with healthy diets associated with reduced risk, and unhealthy diets associated with increased risk for depression. However, this is the first randomised controlled trial to directly test whether improving diet quality can actually treat clinical depression,” says Professor Felice Jacka, Director of Deakin’s Food and Mood Centre.

The study looked at adults with major depression, evaluating their progress with specific dietary changes over a three-month period, revealing the types of foods which help the most.

“The dietary group received information and assistance to improve the quality of their current diets, with a focus on increasing the consumption of vegetables, fruit, wholegrains, legumes, fish, lean red meat, olive oil and nuts, while reducing their consumption of unhealthy ‘extras’ foods, such as sweets, refined cereals, fried food, fast-food, processed meats and sugary drinks.”

In addition to the quality of one’s diet, depression is now also scientifically linked to inflammation in the body and the health of the body’s microbiota, both of which are heavily influenced by the foods one chooses to consume.

The Deakin University study adds another crucial piece to the puzzle, and is an extremely important contribution to the ever-growing body of anecdotal evidence of people who have beaten their depression by taking control of many aspects of their lifestyle.

www.wakingtimes.com



Detox Tea

Many people associate cumin, coriander and fennel seeds with savoury cooking, but they also combine to make a perfect cleanse-friendly tea. The healing spices assist with gas and bloating and help to detoxify the body. Adding turmeric (use fresh if you can find it) imparts a beautiful golden colour and it also has anti-inflammatory properties. I also like to add a little fresh ginger as well. Make a big pot of this detox tea, and sip throughout the day!

Detox Tea (Makes 4 cups)

Ingredients:

- 1 quart water
- 1 tsp. whole cumin seeds
- 1 tsp. whole coriander seeds
- 1 tsp. fennel seeds
- 1 Tbsp. fresh turmeric root, sliced, (or ½ teaspoon dried turmeric)
- 1 Tbsp. fresh ginger, sliced (optional)

Bring the water to a simmer in a 2-quart saucepan. Add the rest of the ingredients, and simmer for 5 minutes. Turn off the heat and allow the tea to steep for another 5 minutes. Strain. Drink warm or at room temperature.



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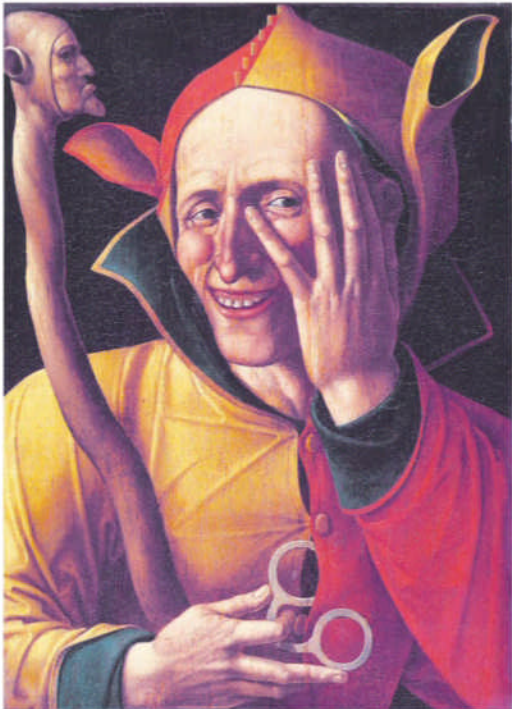
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The Benefits of Laughter



Could laughter defeat ISIS? If you were on an operating table, in need of a triple-bypass, might you call in a clown? While a P.O.W., undergoing torture, would all your suffering disappear when someone recited a decent knock, knock joke? **Matt Nagin** investigates ...

A logical person would consider all of the above absurd. Comedy is no panacea. And yet numerous cultures have found an integral place for farce and buffoonery. Chinese Emperors had Court Jesters, Native American Tribes had Tricksters, and in Europe during The Middle Ages, droll satires were routinely performed by Troubadours. Why? What compels mankind to turn, again and again, to comedy? And what makes laughter a uniquely potent gift?

One reason comedy has had such a historical impact is it provokes reflectiveness, at times even inspiring political change. It is perhaps for this reason that during the 2011 Egyptian Revolution stories abounded of protestors in Tahrir Square flashing satirical banners and reciting comical songs. There was political humour in the USSR before the fall of the Berlin Wall.

What is more, laughter seems to have at least a degree of curative potency. In *The Healing Power Of Laughter* by the HeartMD Institute, Alexander Lowen, the father of bioenergetic therapy, suggests “[laughter is] a way of healing the body through the spontaneous release of energy.” Lowen believes laughter accomplishes this by releasing tension, promoting respiration, and inducing endorphin release. Another study of cancer patients by Bennett M, Zeller J, et al. at Western Kentucky University

suggests humour can be an effective complementary medicine that often generates ‘increased immune function.’

While I would never wish to be ‘pollyannish’, I can assert, with great conviction, that laughter has had an incredibly healing place in my life. For twenty-six years I’ve suffered from Crohn’s disease, a gastrointestinal auto-immune condition that causes frequent trips to the bathroom, abdominal pain, nausea, bloating, joint aches, fatigue, mouth sores, and at times, requires hospitalisation. I’ve been on medicine to control this condition for most of my life and have needed three major surgeries—one of which required getting my stomach pumped via NG Tube after an intestinal blockage before a resection could be performed.

The above struggle, as well as other hardships I’ve faced in recent years (broken ribs after a skiing accident, campylobacteriosis on a Costa Rican expedition, getting hit by a car crossing the street) have hardened me, in a certain sense, and yet I doubt I would have survived any of it quite so intact without laughter.

Laughter gives one perspective. It enables you to see how small your problems are and reminds you what is really important. Comedy can turn a struggle into a gem. A hardship into joy. Comedy further prepares you to meet new obstacles with strength, clarity, and focus. I can say, with the utmost certainty, that in my own life, comedy has been a godsend.

I consider myself extremely fortunate to be a working standup comedian who is now a Talent and Show Coordinator for The Gotham Comedy Foundation based in New York. This charitable organisation brings laughter to those in need. Its founder claims to have cured his cancer by watching old Marx Brothers movies—something that resonates with me as it seems to align very closely with my own. Whether performing standup for cancer patients at Sloan Kettering or the drug rehab residents at Serenity Café, I’ve found my involvement with the G.C.F. to be a terrific opportunity to share my sense of humour with others. I hope this incredible organisation continues to grow and prosper, for promoting wellness through comedy is a noble, uplifting mission.

Lastly, I started this essay by lightly mocking the idea of laughter curing a severe heart condition or defeating ISIS. But maybe I shouldn’t have. Because the healing power of laughter is considerable. As Mark Twain once put it, “against the assault of laughter, nothing can stand.”



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The Most Successful Prison System in the World is Also the Most Radically Humane

by Carolanne Wright



Overcrowded and rampant with violence, we may think of prisons as the ‘way of the world’ and that not much can be done about them. That is until we learn about the extraordinarily civilised and effective prison system used in Scandinavia.

“Every inmate in a Norwegian prison is going back into society. Do you want people who are angry - or people who are rehabilitated?”

Are Hoidel, Director of Norway’s Halden Prison

A Revolutionary Model

While the typical prison in the U.S. relies heavily on concrete, coils of razor wire, lethal electric fences, towers manned by snipers, and barren land free of any trees or plant life, a maximum security correctional facility two hours north of Oslo, Norway is treating their prisoners differently. Regarded as the world’s most humane prison, Halden is a maximum security facility filled with rapists, murderers, paedophiles and drug offenders. And yet, the compound is a far cry from what we would ordinarily expect a prison to be.

“In the choice of materials, the architects were inspired by the sober palette of the trees, mosses and bedrock surrounding the site. The primary building element they have used is kiln-fired brick. They used silvery galvanized-steel panels as a ‘hard’ material to represent detention, and untreated larch wood, a low-maintenance species that weathers from taupe to soft gray, as a ‘soft’ material associated with rehabilitation and growth,” describes Jessica Benko of the *New York Times* of Norway’s Halden Prison.

Each inmate has their own room, complete with a flat screen television, bathroom, and mini-fridge, and there are no bars on the windows. There’s a range of vocational programs like wood-working, assembly workshops and even a recording studio.

Normalcy is the key, where friendships between guards and inmates are common and fully equipped kitchens are available for most to use. High-quality art in the complex and shared living rooms serve to ‘create a sense of family.’

However, as important as the actual design of the facility is in reducing violence and improving rehabilitation, the security within the prison plays an exceptionally crucial role as well.

One of the main differences between the staff at Halden and a maximum security prison in the U.S. is that Norway emphasises ‘dynamic security’ rather than ‘static security.’ The latter relies on remote controlled doors and surveillance cameras, an environment designed to limit vandalism or weapon-making by utilising tamper-proof furniture, and correction officers who are trained to have very little interaction with prisoners to reduce the risk of altercation. In contrast, dynamic security is structured to prevent harmful intentions in the first place.

The officers at Halden are placed in close quarters with the inmates to support casual socialisation between the two - many times over tea and coffee or meals. “The architects were instructed to make the guard stations tiny and cramped, to encourage officers to spend time in common rooms with the inmates instead.”



While there are surveillance cameras on the prison grounds, inmates are usually able to move around unaccompanied by guards. Nor are there cameras in most of the workshops, classrooms, common rooms, cell hallways or the cells themselves. The inmates have ample opportunity to act out, but don't.

Halden prison is six-years old and in that time, the isolation cell with a limb-restraining bed has yet to be used.

Writes Jessica Benko in *The Radical Humanness of Norway's Halden Prison*: "It is tempting to chalk up all this reasonableness to something peculiar in Norwegian socialisation, some sort of civility driven core-deep into the inmates since birth, or perhaps attribute it to their racial and ethnic homogeneity as a group. But in actuality, only around three-fifths of the inmates are legal Norwegian citizens. The rest have come from more than 30 other countries (mostly in Eastern Europe, Africa and the Middle East) and speak little or no Norwegian; English is the *lingua franca*, a necessity for the officers to communicate with foreign prisoners."

Interestingly, Halden is an example of one of the most *restrictive* prisons in Scandinavia. Lower security facilities that dot the region are even more liberal with freedom, like the prison on Suomenlinna Island in Finland, which has been an 'open' prison since 1971. In this prison, each of the 95 male prisoners exit the prison grounds each day to do general maintenance in the nearby town, or commute to the mainland for work or study.

Would This Model Work Elsewhere?

As revolutionary as these facilities appear, the question is whether the prison models would work in other countries. According to Nikola Milanovic in the *Stanford Progressive*, the answer is a resounding 'no', mainly because Scandinavian countries have a very different social structure and view of the government's role towards its citizens. The author notes:

"The social safety net in Norway guarantees basic minimums for members of society that might make people more complacent with such a luxurious facility. Americans, by contrast, are



more culturally adapted to the ideology of rugged individualism and reaping deserved rewards: people only deserve what they can afford, the American mindset implies, and they can afford what they earn. Convicted felons, in the United States, would not merit a very high standard of treatment."

In short, Milanovic proposes that high levels of financial and social inequality in America would leave citizens uncomfortable with establishing well-appointed prison facilities, especially when there's significant poverty and underdevelopment throughout the country.

An enormous backlash would likely ensue, even if the point was made clear that such a prison system would actually lower public costs by one-half to one-third of current prison spending in the U.S. — due to the reduction in recidivism rates.

In the U.S., up to 70 percent of former convicts return to prison within a few years of release. In Norway, the number is around 20 percent.

There's also the issue of disproportionately high incarceration rates in America. If the United States incarcerated individuals at the same modest level as Norway (a rate of 75 inmates per 100,000 population, compared to approximately 700 per 100,000 in the U.S.) and invested the same \$93,000/year per inmate (versus \$31,000/year in the U.S.) into the system, it would still save over \$45 billion a year.

But, until cultural mentality has a major overhaul, the future looks bleak for the establishment of enlightened prison systems anytime in the near future.

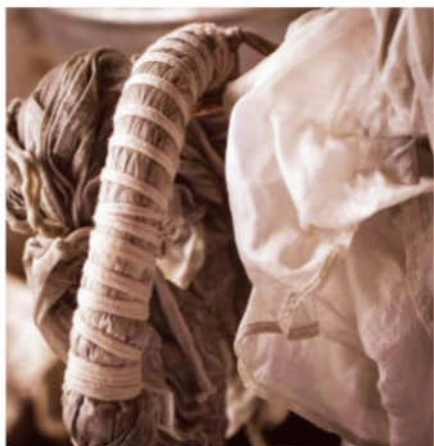
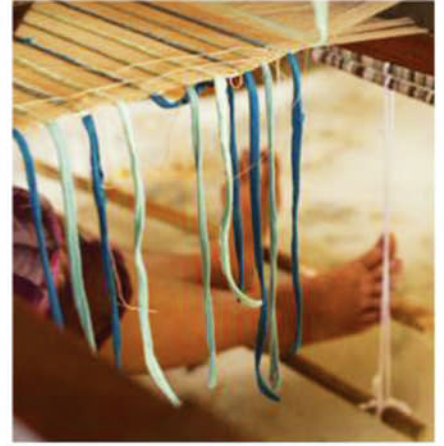
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at tonlé

every thread counts

Technological advances of the 21st century have catalysed the concept of fast fashion into a dream come true for money-hungry design labels. Fast fashion has quickly become the industry norm, with big box shops boasting to shareholders about their ability to give immediate consumer feedback to factories worldwide. However, in one of the world's most cut-throat industries, many companies don't stop to examine the impact of their newfound cash flow. Wasteful production, low wages, and unsafe conditions are the grease that keeps the fast fashion machine churning, with sometimes devastating consequences for the environment and people involved.

Factories, pushed by large brands to value efficiency over all else, waste huge amounts of materials every day by aiming to cut quickly instead of with the most accuracy, and throwing out 'unusable' pieces of fabric that are too small or that simply don't meet the season's 'tastes.' In addition, the production of fabric, items failing quality control, end-of-season stock purges, and clothing discarded by the final consumer all play a part in contributing to the estimated 1 million tons of textile waste dumped into landfills around the world each year. Textile manufacturing, dyeing, and disposal all add up to a really big, global problem. Manufacturing polyester, a synthetic material accounting for 40-45% of all textiles, is an energy-intensive process requiring non-renewable petrochemicals. Harmful emissions include excessive carbon dioxide, volatile organic compounds, particulate matter, and acid gases that are released into the atmosphere - not only during production - but also when materials are burned or left in landfills. These chemicals are responsible for polluting the environment and contributing to illnesses and respiratory diseases.





While the environmental impact of the fast fashion industry is horrifying, the human impact is simply tragic. Employment conditions in many factories are likened to modern day slavery. In Cambodia for example, factory workers are paid on average \$100 a month, an income agreed upon by most as well below a living wage. Workers are often denied sick leave and forced to work 10-12 hour days to keep up with industry deadlines. Increased rates of cancer, silicosis, asthma, dermatitis, and lead poisoning have been reported in garment factory workers, as they are repeatedly exposed to dangerous chemicals without proper protective gear or ventilation.

So what can you do, just one person in 7 billion, about such a massive problem?

- Think before you buy
- Educate yourself about the issues surrounding the fashion industry
- Support brands that care about the environment and the people behind your clothes as much as you do

Even large retailers have to listen to customer preferences, and each dollar spent is casting a vote.

Tonlé is a Cambodian-based clothing company where they see fashion differently, from the way it's made to the way it's worn. At Tonlé they create handmade clothing and accessories using scrap waste sourced from mass clothing manufacturers. Their family of employees is made up of individuals with spirit, drive and dreams. Together, they have built a supportive environment where everyone expresses themselves freely, learns new skills, and gains confidence in what they do.

Tonlé believes style is more than what you wear – it's what you choose to be a part of. When you buy Tonlé, you're buying one-of-a-kind clothes that carry meaning across cultures and continents.

At Tonlé, every thread counts. Zero-waste fashion is included in their business model, which means incorporating creative pattern-making that uses 100% of a given material, and producing garments from remnant materials

The journey of a Tonlé product begins in an unlikely place: a heaped pile of factory scrap material.

Their design team frequents the remnant material markets to scavenge through piles of factory castoffs before they end up in landfills. Creativity is key, as size, colour, texture, and material continually vary. Tonlé designers work side-by-side with the production team to plan collections that incorporate even the tiniest scraps into original looks.





Their excess fabric strips are tediously hand-cut and individually sewn back into yarn. The yarn is then knit and woven into new pieces; articles of clothing made from twice-recycled fabric.

Working in this way leaves 2-3% waste, which is pretty good, considering a typical factory can average 40%. But even so, Tonlé wasn't satisfied. They have further pioneered a formula for making their own recycled paper, which combines tiny scraps of fabric (paper left from their office + pattern making + natural glue). This initiative effectively closed the loop in their production and has brought their waste down to nil.

Tonlé puts thought and care into every step of production to ensure that each piece has the smallest environmental footprint and maximum social benefit:

- **Natural Dye**

Sometimes the term natural dye can be a misnomer, as 'natural' is not always the same as 'non-toxic.' Many natural dye recipes rely on heavy metals such as lead and copper to bring out the plant-based colours; such metals are both hazardous to the people working on them as well as the ground they are often dumped into. All of the dyes used by Tonlé are inert and non-toxic. In fact some come from edible materials like soy milk and lemon.

- **Extras**

Tonlé works with partner suppliers and a local handicraft organisation to make belt buckles, pendants and buttons that are hand-carved from reclaimed scraps of wood. They also work with a ceramic workshop which produces handmade buttons and beads from locally dug clay.

You say your book Lovelands is ... “part self-help for any soul who wants to understand more about emotional and health freedom. I’m interested that you have chosen to use the word ‘soul’ here, rather than [say] self or person. How would you describe the soul?”

INTERVIEW:

Dr Debra Campbell
Author, *Lovelands*



When I use the word soul, I’m intentionally saying a few things. I’m endeavouring to acknowledge the deepest level of a person, beyond personality, appearance, beliefs and culture. I’m saying that I see all of us as expressions of the one essential source. I mean, physically, we all come from the same place in the universe and we’re made of the same matter. On a deeper level too, we can all become aware of our thoughts and feelings and perceive our own thoughts, bodies and feelings from a higher, ‘observer’ place within ourselves. The part of us that observes, behind the everyday thoughts and feelings is to me, our truer more essential self, the soul identity of us. It’s made of finer and more eternal stuff than our bodies or even our individual personalities. Thoughts, feelings and experiences come and go, but the soul stays. I don’t use the word in any religious sense. Religions are man-made systems you can choose to adopt or not. Soul is who you are.

I love this extract from the chapter in your book on Self-Love:

“It’s because we need love that it is longed for, dreamed about, misunderstood, discussed constantly online and off, sometimes sold out cheap or completely mislabelled. Love is the most widely aspired-to feeling of all human emotions, and the loss of love can provoke some of our greatest pain, activating the worst in us, as well as the best.

For people with low self-esteem, self-love is a particularly difficult concept to grasp and make use of. I remember getting so angered by platitudes about how I needed to love myself in order to love others fully. I would think, “Well, how the hell do I make that happen when I just don’t feel it?” I wondered if it meant I could never create a good relationship if I wasn’t able to somehow magically like myself more.”

So if you were consulting with someone, what process do you use to show them what love is?

We learn about love through experiencing it, through feeling it. So in showing acceptance at that soul level, (it's also been called 'unconditional positive regard'), a good therapist models to a client that they're worth listening to, worth having our full attention, worth giving the 'time of day'. We don't feel loved without experiencing the other's attention, so I see love as a special form of focused attention. In our distracted world we need to remember this - love requires us to freely give our attention, to be fully present with another, with ourselves.

The greatest gift we can give is being fully present, not just being physically in the same place. Being fully present to hear and see the other soul communicates to them verbally and non-verbally, that they are worth it to you. You see them and you are good with what you see.

Presence, positive attention, focus, acceptance, respect, compassion - consistently modelling these qualities, and talking about them openly, teaches how to love through feeling loved and understanding that love has some method to it.

This learning penetrates deeply because it challenges long held beliefs and shame about not being good enough or worthy - because here it is happening - you ARE being accepted, flaws and all. When revealing your shame and mistakes doesn't kill you as your unconscious may have feared, and you remain accepted and treated compassionately despite your flaws, your beliefs about being unworthy can start to shift in the deepest, unconscious substrata of your inner landscape.

This is a great gift of therapy

and yet it is a 'double-edged sword' as described by famous patient Anna O. a long time ago. The trouble with a therapist's modelling of love is that it can feel like water in the desert to a person who has never felt anything like that before, but has yearned to all their life. It can hurt very much to have to give that feeling up when you finish therapy. Of course it's a danger that when you feel deeply accepted and loved you will feel 'in love' with the giver of those feelings, the therapist. Managing these feelings of love and closeness on both sides in long term therapy, where a strong therapeutic relationship has developed, takes great care and skill on the part of the therapist and courage in the client, but it can be done successfully. In my book *Lovelands*, my story describes some places where this is done well and some places where all-to-human weaknesses undermine the benefits.

Do you think the days of including some sort of 'therapy' in your life, along the lines of being 'on the couch' and talking about your life events with a trained professional, are coming-of-age in Australia - that a larger proportion of the population are giving this more serious consideration?

I think that it is more accepted now that you can attend therapy without stigma, especially in a crisis situation. Increasingly, people are letting go of the outdated idea that it is weak to ask for help, and realising how much courage it takes to step forward and say; "I don't know how to deal with what's happening and I'd benefit from a guide." A good therapist is essentially a guide and travel companion for a while in your inner landscape when you're lost. As for therapy being more widely



adopted, long-term therapy is costly and I think that is always going to be a limiting factor. Although rebates for some services are available and are very helpful, they tend to only cover a small number of sessions, which may help but may not be enough to facilitate and support deeper change. That being said, short term therapy can also be enormously beneficial in the right circumstances.

It is interesting this serial love, and how we choose to keep going back – again and again - to the same type of person ... some say it is “until we have learnt the lessons we need to learn.” Do you agree with this?

Yes, I agree that on the deepest level we are wanting to learn a lesson by living out the same dysfunctional patterns again and again. However, on the consciously feeling and visceral levels there’s something more powerful and basic to the repetition of lousy relationship decisions. It’s emotion-led rather than intellectually-driven when we plunge back into the repetition of self-defeating habits.

We are often driven by intense *desire* to make emotional reparations, to experience the love we missed out on, to be compensated for what we never felt we had. Combined with that, we’re often deeply attracted to the familiar, longing for a lover who feels like *home* - even when home was dysfunctional. It was still the only home we knew.

Now add to that we may unconsciously believe that by winning the love of an unloving *familiar-feeling* person. We will finally make amends, we win at last - morphing from the unlovable to the loved one. We can get swept up again and again in this impossible challenge until we realise ... Hey! Maybe I’m looking for love, fighting to be loved in partners who lack those capacities. Maybe I’m trying

to change the unchangeable! Perhaps I need to seek someone who actually has what I’m yearning for and wants to give it freely to me, rather than chasing familiar pain and wondering why it keeps hurting. There lies emotional freedom, through insight and self-awareness.

What did you learn about unconscious motivations?

The unconscious is a layer of our self that is always in operation - sometimes described as the bigger part of the iceberg that’s below the water of our awareness! I’ve learned that wherever we’re from, we actually live in our inner landscape of love, losses, strengths and vulnerabilities. We live through the lens of those inner experiences and underpinning unconscious drives and motivations to love, be loved, belong, and find meaning.

To me, the hero’s journey is mapping and traversing those inner places and finding ways to negotiate and live with the difficult parts of ourselves, rather than being ruled by them.

The first step in working with our unconscious motivations is to become aware of them, by seeing that sometimes we feel drawn to unhelpful patterns, people or experiences repeatedly, and to wonder about that. Once we get to know more about what that ‘underwater’ part of our self might be trying to do, we can work with it, finding ways to achieve its goals that aren’t as harmful or self-defeating. For example, if you’re drawn to





risky behaviour, understanding what that's about can help you change your inner dialogue and give you the emotional freedom to make better choices. You can still honour that part of yourself consciously, by finding alternative, less chaotic ways to chase your desires. Awareness is the key to emotional freedom, because it unlocks the possibility of new and better choices.

You also say narcissistic love is the need to be seen as special in order to feel safe and survive. How, as individuals, can we shift this into a more mature self-love?

It's natural to experience yourself as the centre of the world when you're a child and to expect caregivers to be there for you regardless of their own needs or feelings - that's the limited awareness and understanding of an infant. Ideally, as we mature, we no longer see ourselves as the centre of the world, but understand that we're all important equal souls with feelings that matter.

There's a difference in knowing you're special to those who love you because you're a unique being, versus the narcissistic belief that you're more important than everyone else and your life and feelings matter more. Self-love is developed from dealing with your basic shame effectively - not by imposing a cheesy or unrealistic affection of yourself. It's more about ceasing to give yourself a hard time and calmly accepting your own company, and about quieting self-criticism, than it is about narcissism.



STEPHEN JENKINSON

*culture activist, teacher, author and
ceremonialist*

Stephen Jenkinson is the creator and principal instructor of the Orphan Wisdom School, founded in 2010. With Master's degrees from Harvard University (Theology) and the University of Toronto (Social Work), he is revolutionising grief and dying in North America and redefining what it means to live and die well. Apprenticed to a master storyteller, he has worked extensively with dying people and their families, he is a consultant to palliative care and hospice organisations, and is an educator and advocate in the helping professions. He is also a sculptor, a traditional canoe-builder, and his house won a Governor General's Award for architecture. Stephen lives a handmade off-the-grid life on a farm beside the River of Abundance and Time in the Ottawa Valley in Ontario, Canada.

At the Orphan Wisdom School, Stephen teaches his students about deep-living and creating human culture.

“Our school is for anyone who desires to be useful to those who will inherit an endangered world. It is for those who have an instinct and a desire to be an ancestor worthy of being claimed. It is for those wishing to learn something of the skills of grace in a graceless time, of mentorship, and fierce and exemplary compassion. It is for elders in training.”

“Young people need and deserve real recognition of their worth and purpose in life, and a living example of enduring discernment and courage for the hard and often empty times that are upon us all. The esteem of parents and friends can only go so far: elders must bring the rest. Grandparents must be grand not only for their children's children, but for all the young ones coming into the world now. Their status as grand people comes from having wrangled wisdom from experience, and from having become elders more than senior citizens. Grandparents must now be elders - especially when no one asks it of them.”



In a culture like ours that is so unsure of itself and without a shared understanding of life for its people, there are subtle, enduring consequences that look like personal inadequacy, a failure of will, or an inability or unwillingness to live deeply. But what I've seen over twenty five years of working with people convinces me that these problems or struggles are not bad psychology, bad parenting or lousy personality development.

“What we suffer from most is a failure of culture. An amnesia of ancestry and deep family story, of phantom or sham rites of passage, of no instruction on how to live with each other, the world around us, or with our dead, or with our history.”

Culture at its core should begin to make a place in personal life for the rumoured, scattered story of who you come from, where and why. As the Sufi poet Rumi asked of himself eight centuries ago:

All day long I think about it, and at night I say it: Where did I come from, and what am I supposed to be doing? Who hears with my ear, and speaks with my tongue? And what is the soul?

Stephen Jenkinson is the author of *Die Wise: A Manifesto for Sanity and Soul* (2015), *Homecoming: The Haiku Sessions* – a live recorded teaching (2013), *How it All Could Be: A work book for dying people and those who love them* (2009), *Angel and Executioner: Grief and the Love of Life* – a live recorded teaching (2009), and *Money and The Soul's Desires: A Meditation* (2002). He is also a former contributing author to *Palliative Care – Core Skills and Clinical Competencies* (2007). Stephen Jenkinson is the subject of the feature length documentary film *Griefwalker* (National Film Board of Canada, 2008) which is a lyrical, poetic portrait of his work with dying people.

In Conversation With

DAVID PACKMAN

about

meditation, men

and

masculinity





For me, looking back on my journey with meditation, it all started with the simple exercise of observing the nature of my mind without judgement, which eventually led to looking at my values I guess, in terms of how I was showing up in the world. If someone had asked me prior to this “what are your values?” I wouldn’t have really been sure. I could’ve had some rambling conversation and it all might’ve been in there somewhere, but now I believe it makes absolute sense to be completely clear on that.

And meditation brought you to that?

Well, meditation opened the door to that because at your inner core is clearly your own blueprint, your values. What drives you to think, speak and act in the way you do. And I think that a lot of people in life are operating under a certain set of values which are unknown to them consciously and that seems illogical to me.

So what are your values now?

Well, integrity is very important to me, just being authentic. I think a lot of people these days wear various masks – and men often relate to this. For example, they put on their work mask in the morning, and they get home at night and become the father or the husband. But at what point in the course of their day are they really themselves? There are a lot of men out there just doing a great impression of themselves.

But don’t we sort of have to wear masks, because of the culture we have developed. I mean, can we actually exist without our masks and still survive?

The point is, there is a significant difference between being aware of what’s required in a given moment versus simply acting out our behavioural patterns without conscious thought.

So what does it look like when you are more consciously aware?

You are living your core values. You are on purpose. Without this there’s no consistency, and I’ve found that meditation helps to create space where there is a level of conscious awareness. Put it this way ... there is a difference between walking around and just *reacting* to life situations as opposed to *responding* to them.

So are you saying that meditation ... or any form of introspective practice, can lead you to that sort of consciousness?

Yes, over time, but it’s a work-in-progress, and introspection can take a number of forms; it could be going for a mindful walk, it could be surfing, going bush ... any activity that helps your mind to turn inwards.

A great example we talk about with men is the paradigm of the warrior. Men tend to walk around with their armour on, the outer warrior, that quintessential male stereotype which is largely inflexible, and if you continue to wear your armour 24/7, it eventually gets rusted on.

The outer warrior is very useful at times - by no means would I say discard it - it’s just that we need to work more from within, with the inner warrior.



So do you think this is what's going on now for a lot of men ... that their armour is rusted on?

For sure, but I also think more men are starting to do the necessary work, or at least are connecting with a certain sense that they need to look at something deeper.

It's tough, because the idea of opening up is not congruent to their outer warrior and therefore is still perceived as a bit unmanly.

Do you think society expects this outer warrior behaviour of men?

There is a lot of social dialogue around the typical male stereotype which is unhealthy, and we've lost touch with the concept of things like rites of passage which enables and empowers a young boy to become a man. The male's strength is

rooted in love but it's, you know, become quite misconstrued. Men shouldn't be afraid to be men.

I am so glad we have got to this point because I feel as a woman I get a bit confused myself as to what good masculine traits are?

This is very common for men as well. As I was saying, if men are wearing this outer warrior's armour all the time, and they're constantly coming from a place of stiff concepts and disturbed emotions, they are not looking behind their anger or frustration, at what it truly represents and what is going on within themselves.

We need to actually get to the source, accept these emotions for what they truly are and then transform them, you know, into compassion and wisdom for example. Does that make sense?

I think so, I mean, is it about giving men more of an outlet somehow?

It can be. A man needs the opportunity to turn inwards in his own way, either alone or in the company of other men. As Robert Bly said in "Iron John", that would save some women a lot of trouble.

So is it about shifting what it means to be masculine to suit the times?

It's more about remembering. We know innately, but to a more or lesser degree we've just forgotten. The confusion that some men feel is because they've actually lost touch with what being a man means.



So you are running regular meditation groups for men in Melbourne. How long have they been running?

Right now (March 2017) we are in the middle of the first meditation series we have run just for men, and the turnout has been great. But I have been working with men for a couple of years now. It all started as result of having to put myself back together again after my blood cancer diagnosis, and my journey with depression and suicide. What I noticed as I was going through my process was the number of men who were asking me questions. So it just sort of evolved from there, and I realised, this is actually what I'm passionate about. This is my purpose.

So what sorts of things are coming up that are common to a lot of men?

There are lots of guys who feel quite disconnected. They are doing everything according to the commonly accepted social model they are given but they are unable to get what they're looking for - let's call it happiness. And the more they try, the further away it seems to get, because they are looking externally. They know there's something more ... I've described it as a *gnawing sense* which is a direct lift from David Foster Wallace's *This is Water*.

It's a bit like the analogy of the feather, the brick and the train. Life has a funny way of letting you know when you are not living in line with your truth and, left unattended, the results can be quite catastrophic.

When I am given the honour of talking to a man in an open and honest way, I think it gives them just enough impetus to look under the hood and see what's really going on.

So what is under the hood ... can you share?

Well, it's certainly interesting. Men love their partner for example, but the real test is if they can let them walk out the door. If they can't, they are impeding their partner's growth and they don't really love them unconditionally. It's still about what they think they need. It's as simple as that.

And that's a real core thing isn't it - the attachment thing?

Yep. It's completely the attachment thing. You are loving that person for personal gain if you are holding onto them like that.

So where does this come from ... is this a fear of being alone?

It's attachment. We as human beings appear to have largely come to the conclusion that our happiness is based on outer fulfilment, from what we can gain that is *external* to us. But these are always impermanent conditions. What is the only thing that can create the conditions for a joyful life?

Knowing yourself?

Right. Your mind.

That's like the placebo thing, which is a good example of the power of the mind isn't it?

For sure. When Aboriginal *kurdaitcha* men pointed the bone at someone, that person often went and died, because every one of the trillion-plus cells in their body was operating under the belief that it was game over. The body just responded to the thought, and an internal environment leading to death was created.



It sort of makes everything else, particularly the incessant emphasis we have on the physical aspects of health, superfluous doesn't it? I mean really, it's all about the mind.

Well, it is certainly about how we choose to make meaning of our experiences, and that's the mind. I mean clearly there is the physical side of it, but again, you choose how you wish to take that on board. For example, if you choose to look at the world and see it as a very negative place, it will be.

Actually, the world stuff is a really good topic to bring up. I mean, it's almost like a lot of people are choosing to have an unhappy life, do you think?

They are. They absolutely are. They probably don't know it though. And that's why we need to understand our own level of resilience. For example, we need to understand what's actually happening when we switch on the news ... your

mind is often taking in a lot of negativity, death, destruction ... so existential angst can kick in. You've got to be ready for that. Maybe it's not wise to just sit there and absorb all that and not be conscious of it ... because you've just taken on a lot of shit, you know. So if you find that you can't get through your day without watching or listening to the news, at least pay it back. Go for a walk in nature, spend some time being playful. Meditate.

I couldn't agree more. Personally, I choose not to watch TV at all ... but you know, what I think is absolutely wonderful about living in the world right now, with all this insistent, ongoing "bad"

news coming at us all the time, is that it is actually creating a new positivity, and more people becoming conscious of what's going on, which is really, really exciting don't you think?

Well yes, but maybe that's also because you have chosen to hold that view. That essentially illustrates my point, because you could be sitting right next to someone else who wouldn't see that at all. They would just see the world as a vastly negative place. But the thing is, as you know, where your attention goes the energy flows and that's what you end up manifesting in your life. Ultimately, you choose.

Awaken Your UNLIMITED HEALING Potential

The healing potential of the human being expands far beyond the world's general understanding. Evidence can be found for this throughout all cultures and their related spiritual belief systems. Years ago, I was confronted with a serious health crisis that was unresponsive to both conventional and alternative medicine. As a result, I began to research and explore the realms of psychic healing, shamanism and deep meditation. I discovered fascinating examples of individuals who overcame "incurable" physical illness and extreme trauma with an open mind and a determined spirit. This inspired me to begin a journey inward through silence and meditation that led to the awakening of a primal healing force which lies dormant within the human being, waiting to be activated. **Therese Wade** shares.

One incredible healing story which involved serious damage to the leg, especially caught my attention, because the neuro-muscular function of my own leg was severely affected by a condition diagnosed as reflex sympathetic dystrophy. The pain and dysfunction was spreading and had caused one of my calf muscles to become paralysed. This story, reported in *Psychology Today* and *Yoga Journal*, was about a 21 year old man named Mitchell May, who was told by a team of UCLA surgeons that his leg was unsalvageable and must be amputated. During a head-on auto collision, May's leg had been broken in 40 places and large chunks of muscle and skin were missing. His leg was deeply infected, his life was at risk and the doctors insisted that he would never walk on two legs again. May couldn't imagine a life without his leg and refused to let the surgeons amputate. His mother contacted the parapsychology department at UCLA in a desperate attempt to find some other option and was put in touch with a healer named Jack Gray.

Jack Gray was raised in the Jewish mystical tradition known as Kabbalah, and used energy

healing, hypnosis, chanting and prayer to perform countless healings that were being researched at UCLA. He visited May in his hospital room daily for an entire year, performing energy healing on him and teaching him to enter altered states of consciousness through meditation and hypnosis.

He taught May to direct energy through his body, to use active visualisation, to leave his body consciously and to turn pain signals off with his mind. He also helped May to alter his belief systems that were causing blocks to his healing.

He used techniques that drew upon "etheric forces" to generate matter in the form of new healthy muscle, nerve and bone tissue in May's leg. This regeneration of tissue, considered impossible by western science, was fully documented by X-rays and consulting medical physicians.

After two years, May was able to walk again with a brace. He became Jack Gray's apprentice, continued to learn and heal and



eventually returned to hiking, dancing and rock climbing. In an interview for *Yoga Journal*, May described how this health crisis led him through a spiritual transformation as he explored a realm beyond regular physical perception. “We would work for hours on end in expanded states of consciousness ... Jack exposed me to a field of energy that will almost burn you up if you don’t change. He had to teach me to deal with my fears, my ego games, so that I could enter that energy field.”

Jack asked May to carry on his teachings when he passed. With a deeply personal experience of the extraordinary potential of the human being, Mitchell May emerged as a healer and teacher, helping thousands to expand their awareness and access their true healing potential.

Not long after I read Mitchell May’s story, my chiropractor told me about a highly respected shaman who was visiting from South Africa, named Dominique. She had a very busy schedule, was flying back home that Sunday, and I was unable to get in to see her. I went to bed that Saturday night feeling sad that

I had missed the opportunity. Early the next morning, I woke up to my phone ringing. When I answered, there was a woman with a South African accent asking for me. She said “This is Dominique, I woke up this morning thinking that I was not going to see any clients before I fly home today, but your guides are here telling me otherwise. Can you get here soon?”

I arrived at the house where she was staying and found her in the front garden. She was a very healthy, beautiful woman in her late 40’s or early 50’s. She brought me into the house and began to tell me very specific details about my personal life and my past that she had no ordinary way of knowing. She spoke of my guides in the spirit world and how they wanted me to understand that this health crisis was a blessing, that I would not have reached the goals that I had planned for in this incarnation if I had continued on my path without it. She said that in the future, I would be writing. I asked her “about what?” She answered “It feels like you have a different way of doing things or a different way of thinking about things.



You will be bringing through juicy information.” She noticed the expression of disbelief on my face, looked into my eyes very seriously and said, “You will be doing this. It may not be for several years, but you will be doing this.” Then she added,

“Once you are able to shift your perspective, and see this deviation from your path as a blessing, rather than a curse, you will walk again without pain.”

On my way home, I thought over every word she had spoken. I felt gratitude for her and for these ‘guides’ who apparently had been observing the ups and downs of my life and were very interested in helping me navigate it all, but I still had no idea what I could possibly be writing about in the future. I didn’t like to write, I found it laborious ... and I had no idea what this ‘juicy information’ could be, but I was intrigued and I had a stronger sense of hope.

Motivated by my session with Dominique and by Mitchell May’s inspiring story, I committed to a daily self-hypnosis and meditation practice.

At this stage of my path, a holistic practitioner who had studied under Hawaiian medicine women was explaining

Several months into this routine, I began to experience shifts in my awareness of my own nature. While meditating, my consciousness would temporarily exit the state of fear and hopelessness that I had become accustomed to during my health crisis, and expand into a realm where I felt absolute peace, contentment and a sense of the vast, powerful and eternal nature of my soul.

to me the concept of shamanic soul retrieval and spoke the right words to me at just the right time. She said, “The medicine women told me that every part of your body has its own consciousness or its own soul, even the little finger.” The idea suddenly occurred to me to experiment while in a deep state of meditation, by talking to my leg as if it were its own being, with its own consciousness who could hear and understand me.

That same night, after shifting into an altered meditative state, I began my first conversation with my leg. In my mind, I talked to it compassionately, the same way I would to someone I

loved who was suffering. After about one hour of this focused communication, tissues suddenly and boldly began to move and glide under my skin, peeling apart layers of scar tissue. Nerves vigorously fired through the area, ordering my calf muscles to respond with flexion and extension exercises. Strong waves of energy that felt raw and primal rushed through my body – something I had never felt before. Lying there in my bed, stunned by these sensations and physical reactions, I thought “This is it! This is what Dominique was talking about!” I chose to fully surrender to the experience.

The process carried on for what seemed like more than two hours, and I began to feel tired and hungry. I took a deep and reverent breath before standing up, anticipating what it would feel like to walk on this newly reorganised leg. As I walked to the kitchen, the function and strength of my calf muscle was dramatically improved. After a series of these conversations, I was able to completely restore normal function to my leg.

From the first moment this powerful healing force awakened within my body, I knew that I would be sharing this story with others who were ready to realise their own innate healing abilities. I continued to explore the fascinating realm of deep meditation and eventually shifted my professional focus to hypnotherapy and meditation instruction.



Recently, I came across another amazing healing story on *Huffington Post*. The article stated that Phakyab Rinpoche, a high ranking Tibetan Buddhist lama, had developed gangrene in his leg while imprisoned in China for his religious beliefs. He eventually escaped to India, then emigrated to the United States. Orthopaedic surgeons in New York City told him that the infection was so severe that his leg needed to be amputated. Rinpoche asked his mentor, the current Dalai Lama for guidance before going forward. The Dalai Lama instructed him to reject the surgeon's advice and instead practice the *tsa lung* form of meditation he had learned in the monastery, and to use certain mantras and visualisations. Rinpoche practised these techniques for twelve hours each day. After nine months the swelling had diminished and after twelve months he was able to walk without crutches. The gangrene was cured, and his diabetes and tuberculosis were gone. Because gangrene infection of this severity cannot be cured by the Western medical approach, researchers at New York University asked Rinpoche to allow them to run tests on him to learn more about his surprising recovery. Phakyab Rinpoche has recently published a book describing his remarkable healing journey.

Through my own experience, I learned that we don't need to have direct access to the Dalai Lama, or to rare healers like Jack Gray in order to develop this extraordinary human ability. In each of these unusual cases, a type of spiritual protocol was followed to activate the body's intelligent and dynamic healing response.

The learned ability to enter deep states of meditation is foundational. In the beginning stages of meditation our brainwaves gradually slow down into what is called an *alpha* brainwave state which is associated with relaxation and enhanced creativity. If we dedicate ourselves to this practice by setting aside time every day, we are able to eventually slow our brainwaves down further into a *theta* state. In this state, our mind experiences deep silence and our brainwaves harmonise with the resonant frequencies of nature and with the creative force of the universe. Then this altruistic creative force flows through us more smoothly and gives power to our good intentions.

We can harness this benevolent energy and focus it through the use of mantras, through creative visualisations or through a sincere and respectful conversation with our physical body.

This ability to gather the forces of nature and direct them is available to anyone who chooses to explore their innate potential by going within through disciplined meditation.

It is here that we reconnect with our source and capture a glimpse of the memory of our true nature – the memory that we are eternal, that all is well in the universe, and that we enter this physical world to explore, to develop, to create, to love and to be helpful to each other. According to ancient spiritual philosophies, the discovery and right use of our creative power is the main purpose of being human. When we direct this power toward the progression of our skills, overcoming personal challenges and being helpful to each other, we assist the creative evolution of the universe.

References on request.



DIALECTICAL BEHAVIOUR THERAPY

a new behavioural treatment that incorporates mindfulness for more severe mental health issues

Dialectical Behaviour Therapy (DBT) is a cognitive behavioural treatment that was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD). It is now recognised as the gold standard psychological treatment for this population. In addition, research has shown that it is effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD) and eating disorders.



DBT includes four sets of behavioural skills.

- **Mindfulness**
- the practice of being fully aware and present in this one moment
- **Distress Tolerance**
- how to tolerate pain in difficult situations, not change it
- **Interpersonal Effectiveness**
- how to ask for what you want and say no while maintaining self-respect and relationships with others
- **Emotion Regulation**
- how to change emotions that you want to change

The Development of DBT

In the late 1970s, Marsha M. Linehan attempted to apply standard Cognitive Behaviour Therapy (CBT) to the problems of adult women with histories of chronic suicide attempts, suicidal ideation, and non-suicidal injury. Trained as a behaviourist, she was interested in treating these and other discrete behaviours. Through consultation with colleagues however, she concluded that she was treating women who met the criteria for Borderline Personality Disorder (BPD).

In the late 1970s, CBT had gained prominence as an effective psychotherapy for a range of serious problems, but Dr. Linehan was keenly interested in investigating whether or not it would prove helpful for individuals whose suicidality was in response to extremely painful problems.

As she and her research team applied standard CBT, they encountered numerous problems with its use. Three were particularly troublesome:

1. Clients receiving CBT found the unrelenting focus on change inherent to CBT to be invalidating. Clients responded by withdrawing from treatment, by becoming angry, or by vacillating between the two. This resulted in a high drop-out rate. If clients do not attend treatment, they cannot benefit from treatment.
2. Clients unintentionally positively reinforced their therapists for ineffective treatment while punishing their therapists for effective therapy



For example, the research team noticed through its review of taped sessions that therapists would “back off” pushing for change of behaviour when the client’s response was one of anger, emotional withdrawal, shame, or threats of self-harm. Similarly, clients would reward the therapist with interpersonal warmth or engagement if the therapist allowed them to change the topic of the session from one they did not want to discuss to one they did want to discuss.

3. The sheer volume and severity of problems presented by clients made it impossible to use the standard CBT format.

Individual therapists simply did not have time to both address the problems presented by clients (suicide attempts, self-harm, urges to quit treatment, non-compliance with homework assignments, untreated depression, anxiety disorders, and more) and have session time devoted to helping the client learn and apply more adaptive skills.

In response to these key problems with standard CBT, Linehan and her research team made significant modifications to standard CBT.

They added acceptance-based or validation strategies to the change-based strategies of CBT. Adding these strategies communicated to clients that they were both acceptable as they were and that their behaviour, including those that were self-harming, made real sense in some way.

Further, therapists learnt to highlight for clients when their thoughts, feelings, and behaviour was ‘perfectly normal,’ helping clients discover that they had sound judgement and that they were capable of learning how and when to trust themselves.

The new emphasis on acceptance did not occur to the exclusion of the emphasis on change. Clients were still encouraged to change if they wanted to build a life worth living.

In the course of weaving in acceptance with change, Linehan noticed that another set of strategies – dialectics – came into play. Dialectical strategies give the therapist a means to balance acceptance and change in each session. They also serve to prevent both therapist and client from becoming stuck in the rigid thoughts, feelings, and behaviour that can occur when emotions run high, as they often do in the treatment of clients diagnosed with BPD.

Dialectical strategies and a dialectical world view, with its emphasis on holism and synthesis, enables the therapist to blend acceptance and change in a manner that results in movement, speed, and flow in individual sessions and across the entire treatment. This counters the tendency (found in treatment with clients diagnosed with BPD), to become entrenched in arguments and polarising or extreme positions.

Significant changes were also made to the structure of treatment in order to solve the problems encountered in the application of standard CBT. In her original treatment manual, *Cognitive-Behavioural Treatment of Borderline Personality Disorder* (1993), Linehan hypothesises that any comprehensive psychotherapy must meet five critical functions. The therapy must:

1. Enhance and maintain the client’s motivation to change
2. Enhance the client’s capabilities
3. Ensure that the client’s new capabilities are generalised to all relevant environments
4. Enhance the therapist’s motivation to treat clients while also enhancing the therapist’s capabilities
5. Structure the environment so that treatment can take place

What are the Stages of Treatment in DBT?

DBT is divided into four stages of treatment. Stages are defined by the severity of the client’s behaviour, and therapists work with their clients to reach the goals of each stage in their progress toward having a life that they experience as worth living.



1. In Stage 1, the client is miserable and their behaviour is out-of-control: they may be trying to kill themselves, self-harming, using drugs and alcohol, and/or engaging in other types of self-destructive behaviour. When clients first start DBT treatment, they often describe their experience of their mental illness as 'being in hell.' The goal of Stage 1 is for the client to move from being out-of-control to achieving behavioural control.
2. In Stage 2, they're living a life of quiet desperation: their behaviour is under control but they continue to suffer, often due to past trauma and invalidation. Their emotional experience is inhibited. The goal of Stage 2 is to help the client move from a state of quiet desperation to one of full emotional experiencing. This is the stage in which post-traumatic stress disorder (PTSD) would be treated.
3. In Stage 3, the challenge is to learn to live: to define life goals, build self-respect, and find peace and happiness. The goal is that the client leads a life of ordinary happiness and unhappiness.
4. For some people, a fourth stage is needed: finding a deeper meaning through a spiritual existence. Linehan has posited a Stage 4 specifically for those clients for whom a life of ordinary happiness and unhappiness fails to meet a further goal of spiritual fulfilment or a sense of connectedness to a greater whole. In this stage, the goal of treatment is for the client to move from a sense of incompleteness towards a life that involves an ongoing capacity for experiences of joy and freedom.

Research has shown DBT to be effective in reducing suicidal behaviour, non-suicidal self-injury, psychiatric hospitalisation, treatment dropout, substance use, anger, depression, and improving social and global functioning.

For more information:
www.behavioraltech.org
www.dbt-lbc.org



My grandmother told me when I was very young that I would never find a husband as I was too fat, and that had stayed with me, eating at my belief in myself, so I didn't really start dating till I was 30 (don't worry, I had lots of ill-advised flings!). And then I met someone. He was so lovely and I was so happy. In reality, I was surprised. Surprised that anyone would love me and want to marry me. In the back of my head I thought the white picket fence and the two kids was not something I was worthy of. We moved in together and built a life. A good life, a life looking towards the future. Things were rosy, the wedding was beautiful, with our gorgeous 18-month-old baby in attendance - eating raisins.

What I didn't know filled an ocean ... at 2 am one morning, the phone call came: you don't know your husband, he's not who you think he is. He's not only that but he has a pregnant girlfriend and a double life. I remember thinking that night, this is what it feels like to have your life crash down around your ears. I was not the only one in shock. He fooled everyone. Everyone was reeling. Slowly and painfully all the details came to light. I felt frozen; I didn't know what to do.

You hear these stories and it seems impossible. How could I not have known? How stupid must you have to be? It's remarkable really, the level of deception that has to occur to pull off something like what he did to me. He would lovingly tell me to have a rest and he would walk our newborn to the park, I would think to myself how kind he was. Meanwhile, at the park his girlfriend would meet him for a stroll with our son.

I contacted her and she sent me every last detail down to the photographs, which was a blessing and a curse. She told me every single thing and that there were many others, not just her. It's not the sort of email you can unread. Eventually I burnt it just so when I was low I didn't pull it out and read it again, opening up the wounds.

What I later came to understand was that I was traumatised, and I had a two-year-old, so I let him come back home and I pretended it was all OK. It wasn't. We had another baby; a much loved and wanted baby who didn't sleep. And then the wheels fell off for the final time.

With no sleep, a newborn, a three-year-old and a marriage coming apart I went back to work as a counsellor three weeks after my second son was born (premature, no less), trying to outrun my shambles of a life. The first time I asked for help was a request to the paediatrician to send me and my son to sleep school, which he did, reluctantly.

My husband visited me at sleep school and the nursing staff overheard him and how he spoke to and treated me and they confronted me. He was banned from the hospital, and that is what it took to realise how he treated me wasn't OK. I thought it was my fault; I was difficult and I needed to change.

At sleep school I had to face that everything was not OK and had not been for years. On some level before then, I knew it wasn't right. Over the years we were together I packed my car twice in the middle of the night and loaded my youngest child into it and drove to my mum's. She never knew; he never knew. I never went inside, I just drove home and unpacked again. I told no-one. The shame crushed me into silence.

The staff didn't want me to return home, so they held me as long as they could and they transferred me to a mother and baby unit at a private psychiatric hospital. I kept asking them what to do, but no-one would tell me; eventually I realised it was a decision nobody could make but me.

I went into a psychiatric hospital for the first time with my son with me and I thought I was going for a few days. We were there six weeks and I had three admissions in total. Without my mother, who looked after my eldest son, I wouldn't have been able to go in, and if I didn't go in I don't know if I would have survived. I am so grateful for her support, then and now.

I overdosed on a pretty lethal mix of alcohol and prescription medication on one of my visits home, after a very bad session with the relationship counsellor. Back to hospital. I remember calling my family to tell them what I had done and I didn't sugar-coat any of it. I didn't want to die, but I didn't want to live either. So, that's what rock bottom looked like. Not that pretty. I feel like I can say now that I will never allow myself to go back there.

Slowly I came back to health. I returned home and, after the third and final stay in what I affectionately call the nuthouse, I made a decision. I could see that I could spend my life in and out of that very comfortable place. And with all my heart, I didn't want my children to grow up with a mother who wasn't present and was in and out of hospital.

I knew what I had to do. I took the medication, I did intensive therapy, I really learned to look after myself and I still do now.



What remains is an underlying anxiety, which will never really go away, but I know how to live with. Yoga and meditation help me, but they couldn't do it all. I felt bad, as a yogi, for taking medication. During teacher training I even stopped. I think that put me back a year. So now it's all about balance!

The day after my youngest son turned one I was well enough to leave our house; the one I thought I would raise my children in, the one I loved so much. But I asked myself the question everyone does: why did I wait so long? I didn't think I could afford it and I didn't think I could cope. But I did both. The first night in my new rental property I cried a kind of messy, happy tears. I felt free and more like myself than I had in years. I remember eating toast and it tasting like the most delicious thing I had ever eaten in my now safe life, with my children sleeping nearby.

I pulled the threads of my life together and roared into my forties dating up a storm (bet you've never met an urban vampire!) and got my yoga on. In my local, suburban class I vividly remember asking my teacher if she thought I could be a yoga teacher? She didn't even pause. She answered yes. At that time I didn't think it was remotely possible; there were no fat yogis in Australia and barely any overseas, nothing like the visibility and social media presence there is now.

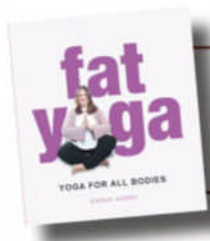
I started looking into yoga teacher training, something I never thought I could do (surely I was much too fat) and nearly didn't follow through with it as one yoga school was horrible to me on the phone, telling me they didn't think I had what it would take. When I finally applied somewhere else I was sure they wouldn't let me in! The pure fear I felt the day I had to attend my first teacher-training intensive was enormous, I felt like someone was going to tap me on the shoulder and ask me to leave. But the opposite happened; they were lovely, inclusive and supportive. So I became a yoga teacher after a year of training. A fat one. At 40.

At first I found it really hard-going creating any traction and often just one or two people showed up to classes I started in other people's studios. But slowly a core group of yogis came and stayed (you know who you are and I love you so much!). In reality, though, it was years of hard work before anyone was interested in what I was doing. I came so close to giving up so many times!



Now my passion and privilege is about creating safe spaces for all bodies to practise and access yoga, and using yoga to heal the relationship people have with their bodies. On so many occasions I was made to feel out of place, not enough or just too fat to practise in a general studio class. My book is for anyone who also feels that way, so they can create a home practice, and start to reconnect and feel more at home in their body.

After all, your body is the most incredible thing you will ever own and the most important relationship you will ever have.



This article is an extract from the book *Fat Yoga* by Sarah Harry, and is reprinted here with the kind permission of the author and Buzz Group.

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DISCERNING

Go **S-L-O-W**

Look for
SOFTNESS

B-R-E-A-T-H-E

Traditional Indian Holistic Therapies

to treat the

ROOT CAUSE OF PAIN



The human body is a latticework of energies vibrating at different frequencies which encompass the physical, mental, emotional and spiritual aspects. It has been perfectly created to function optimally - providing we observe the laws of nature. **Vera Kaur** explains.

When we divert from these natural laws by breathing polluted air, eating food that is a long way from its natural state, drinking chemical-laden water, ingesting toxic medication, smoking cigarettes, drinking alcohol, using inorganic body and household products, absorbing electro-magnetic pollution, experiencing constant stress and even thinking negative thoughts, our energies become imbalanced.

Traditional Indian energy healers believe that the root cause of pain stems from energy imbalances within our adrenal glands.

This imbalance produces a variety of hormones and assists in governing blood flow and oxygenation, but the impaired hormones and poor circulation causes an array of symptoms including the accumulation of impurities, inflammation and excess moisture within the tissues, which is experienced as stiffness and pain.

Traditional healers had a wealth of knowledge on how to diagnose and treat the root cause of ailments using natural holistic methods, and over many generations a lot of these have been kept alive and can assist in healing us today. To empower the adrenal glands and permanently allievate pain, follow these ancient practices:

Whole-Food Therapy

Whole-Food Therapy is the ancient practice of eating plant-based food in its whole, unrefined and unprocessed form. The food which we eat directly affects our physical, mental and emotional energies. Nature's food absorbs an abundance of life-giving energy from the sun, making it positively and negatively balanced, to nourish every cell within our body. Traditionally, a wholefood diet was well known to cleanse, nourish and balance the adrenal glands.

Pain-relieving herbs:

- Turmeric root is an anti-inflammatory which detoxifies the adrenal glands to remove the accumulation of impurities.
- Ginger Root is anti-aging and strengthens the adrenal glands to improve blood flow and reduce inflammation.
- Licorice Root is nourishing and restorative and can balance the adrenal glands and release accumulated stress.

Pain-relieving juices:

- Pineapple Juice detoxifies the joints, muscles and ligaments to reduce inflammation and repair tissue damage.





- Potato Juice balances the acid/alkaline levels and improves oxygenation to relieve arthritic and rheumatic pain.
- Amalaki Berry Juice rejuvenates the adrenal glands, is an anti-inflammatory and nourishes the tissues.

Ensure the juices are cold-pressed and consume thirty minutes before meals.

Acupressure Therapy

Acupressure Therapy is the ancient practice of diagnosing and treating the root cause of dis-ease by applying intermittent pressure on specific areas of the body, but primarily the hands and feet. Each acupressure point corresponds to specific parts of the body to regulate the vital energy. Traditionally, it was widely recognised that the physical root cause of all dis-ease stems from energy imbalances within our endocrine and exocrine glands. These glands have a profound effect on our entire being as they regulate the functions of our systems and organs by secreting the numerous vital hormones essential for our well-being. To practise preventative health, intermittently press the following areas for two minutes, three times a day:

- The webs between fingers and toes to cleanse and empower the nerves.
- The back of the hands and feet to cleanse and empower the nervous system.
- Each side of the spine, starting at the base of the neck and ending at the lumbar, to stimulate the endocrine and lymphatic system.
- The anti-ageing point, located midway between the wrist and the elbow, on the inner right arm, to revitalise the body and strengthen the adrenal glands.

Natural Remedies

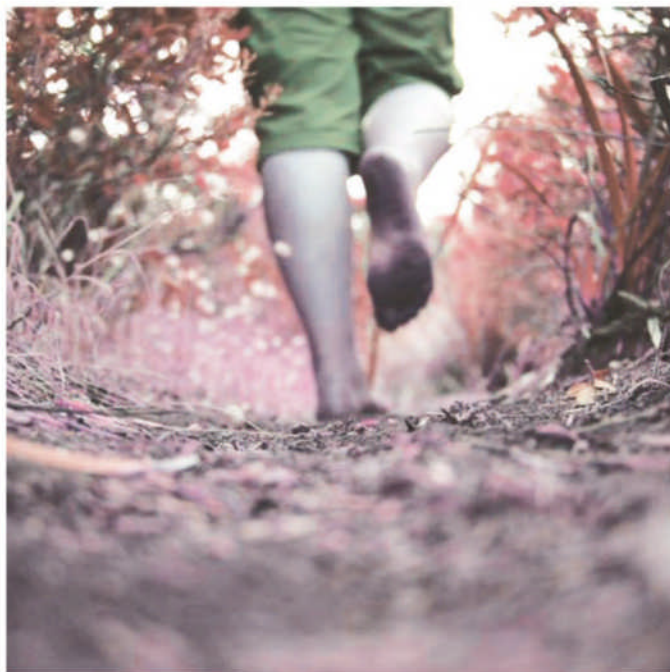
To alleviate severe pain, apply a thick paste, made from turmeric root powder and warm water. Cover with a thick bandage and leave for twenty four hours. Remove, wash the area, and re-apply if required.

To improve circulation, briskly rub the soles of the feet with a firm-bristled hand brush, for five minutes, three times a day.

Walking Barefoot

Within the earth there lies a powerful and unique energy source which we can draw upon. The earth is composed of minerals and the body is mineral in essence, therefore our body's energies resonate perfectly with the earth's energies. The earth's energy is greater than that of the body, and this enables it to be absorbed naturally through the soles of our feet. Traditionally, humans were aware of the therapeutic benefits of connecting their body with the earth's surface.

For the greatest benefit, walk barefoot on the earth, grass or sand for fifteen minutes in the morning as the sun rises, and fifteen minutes in the evening as the sun sets to balance the body's natural energy rhythms.





Breath Therapy

The ancient practice of controlling the breath utilises a number of techniques to increase vital energy within the body. Our breath is the life force that flows through each and every cell within our body, and by expanding our life force, we can harmonise with the life force of the universe and receive cosmic healing. Breathing exercises can influence our physical, mental, and emotional energies, in the most positive ways, and it initiates the body's natural healing capacity.

Traditionally, breath therapy was practised to release negative emotions, re-balance the body's energies and prepare the mind for meditation.

Breath Retention Exercise

The breath retention exercise strengthens the adrenal glands and improves oxygenation.

- Sit comfortably and close your eyes
- Inhale for a mental count of four
- Retain your breath for a mental count of four
- Exhale for a mental count of four
- Pause for a mental count of four

During the retention and pause of the breath, do not inhale or exhale. Repeat eleven times and practise two times a day. As the lungs strengthen with practice, gradually increase the mental count to twelve.

Mudra Therapy

The ancient practice of expressional hand gestures balances the vital energy flowing throughout the body and mind to regain equilibrium. It is believed that the human structure is a miniature form of the universe, composed of the five elements, each of which corresponds to a specific finger or thumb. Holding them together creates a positive effect throughout the entire being, and encourages self-healing. Traditionally, mudras were practised in conjunction with yogic breathing exercises to channel the vital flow of energy to an area of the body that required healing. Mudras can be practised whilst sitting, walking, or lying down during meditation.

Prithvi Mudra

The prithvi mudra strengthens the body's foundation which is essential for self-healing. To practice:

- Place the tip of your thumb and the tip of your ring finger together.
- Relax and extend your index, middle and little finger.
- Practise two times a day for fifteen minutes each.

LEADING AN ACTIVE **LIFE**

*Body energy should circulate as regularly and as constantly
as the moon and the sun are circulating without a stop.*

Dao Shu



It's important for your health to lead an active life. The ancient Chinese put great emphasis on the importance of exercising the body for longevity. A sixteenth-century Chinese physician named Li Tiing said, "Everyone knows that prolonged walking and standing can cause excessive fatigue, which is harmful to good health, but few people mention the harmful effects of lying down or sitting all day." The Chinese use the term 'people of fatigued mind' for people whose days are spent using their minds and consuming their brain power. They term 'people of fatigued body' as those who are constantly consuming their physical energy.

People of fatigued mind, such as scholars, scientists, authors, and white-collar workers, should take steps to tire their bodies in order to strike a balance between mind and body.

People of fatigued body, such as farmers, labourers, and blue-collar workers, should take steps to tire their minds in order to strike a balance between mind and body. The exercises in this article are good for both types of people, but the people of fatigued mind should do more of such exercises and more frequently.

Walking

Walking is the simplest form of exercise in traditional Chinese medicine. It is suitable for all longevity seekers and is a must for older people.

Jogging is not a recommended exercise in traditional Chinese medicine, but walking, which the Chinese call ‘relaxed steps,’ is considered very important for good health.

Unlike jogging, which is intended to tire the body, walking is intended to relax both the body and the mind.

The Chinese people have always been fond of walking as a means of promoting good health and longevity. A Chinese political leader in the modern era was said to be in the habit of walking one mile a day when he was over 80 years old; another Chinese leader who lived to over 95 walked five hundred steps every day until his death.

How is walking conducive to human health and longevity?

The Chinese believe that walking can regulate energy and blood circulation as well as free the mind and body from fatigue.

Walking involves the movement of bones, muscles, tendons, and blood vessels throughout the body. Walking also stimulates internal organs and the brain, and regulates metabolism.

Firstly, walking provides an indirect massage of the internal organs. While you are taking a walk, muscular contraction occurs more often and blood circulation speeds up, in effect massaging the heart indirectly and preventing a decline in the heart’s energy. No wonder some scientists believe that walking is the best heart tonic. Walking can also improve the function of the respiratory system, because physical activities require a greater amount of oxygen to perform. The action of the lungs is believed to double when you’re walking compared to when you remain inactive.

Secondly, walking regulates the metabolism. It has been found that the metabolic rate will increase 75 to 85 percent while a person is walking at a speed of about 50 yards or 16 feet per hour, and increases by *nine times* when the walking speed doubles.

Some metabolic diseases such as diabetes can be prevented simply by walking on a daily basis.



For example, in his book published in AD610, a Chinese physician named Cao Yuan-fang wrote, “A diabetic should walk 120 steps or as many as over 1,000 steps before mealtime.”

Another Chinese physician, Wang Shou (670-755), said “It is a good idea to take a walk after meals, rest for a while, and then sit down or lie down.”

One study found that after diabetics had travelled for one day on foot, their blood sugar was reduced by 60 mg per 100 mL of blood; by walking two to three miles (four to five kilometres) a day, a person can burn up to 300 calories, making walking a good weight-loss exercise. Some Chinese physicians believe that having a daily walk is the best medicine for regulating metabolism.

Thirdly, walking contains a secret formula for yin tonic. When you feel uneasy, nervous, or tense, your body is shifting toward the yang side, and walking can bring it back to the yin side and strike a balance between yin and yang.

Modern medicine would agree, but expresses the concept somewhat differently; walking can reduce muscular tension and relax the nervous system to calm you down. Small wonder that some doctors say walking is the best medicine for nervousness and tension.

One doctor reported his experience with patients: when ten of his patients who were too nervous and tense to sleep at night were given sleeping pills, they normally fell asleep within half an hour, but when the patients were instructed to do some light exercises such as taking a walk before bedtime, they fell asleep almost as soon as they went to bed – and the effect lasted longer than sleeping pills.

Further, walking is a source of inspiration. Walking improves blood circulation, which is good for inspiration, because when blood circulation is just right, you can think more clearly and effectively. Charles Dickens once said;

The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen our days is to walk steadily and with a purpose. The wandering man knows of certain ancients, forgone in years, who have staved off infirmities and dissolution by earnest walking – hale fellows, close upon ninety, but brisk as boys.

When you are faced with a difficult problem and are anxious to find a solution, go for a walk, even inside the office. This often proves effective, perhaps because while you're walking, your cerebral cortex is relaxed temporarily so that it has more room for additional thought.

Many scientists and novelists have confessed to having their best ideas while they were walking. Albert Einstein said that every time he came to a blank wall, he went for a walk in order to figure out the solution.

As for any exercise intended for health and longevity, you must follow certain rules in order to make the exercise of walking effective. The following are general rules for different types of walking:

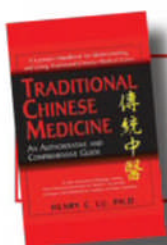
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- The first type of walking, basic walking for good health and longevity, calls for walking 60 to 90 steps per minute for 30 to 60 minutes each day.
- The second type of walking, considered good for chronic diseases of the respiratory system, involves walking with both arms swinging back and forth forcefully to engage the shoulders and the chest.
- The third type of walking, used widely in traditional Chinese medicine to cure indigestion and other chronic diseases of the digestive system, calls for massaging the abdomen while walking. A Chinese medical classic suggested massaging “the abdomen with both hands while walking over 100 steps to cure indigestion.” Once again, modern medicine agrees, proposing this type of walking can promote the secretion of gastric juices and help empty the stomach, which is a good remedy for indigestion.
- The fourth type of walking was originally developed at a health club in Kyoto, Japan, for middle-aged and older people suffering from obesity, hypertension, and other cardiovascular diseases. In this type of walking, over a three-month course of exercise, you must burn up 300 to 500 calories each time you exercise. The intensity of walking is guided by your pulse rate.

While walking, people over age 30 should have a pulse rate of 130 beats per minute, people over 40 should have a pulse rate of 120 beats, and those over 60 should have a pulse rate of 110 beats. Each time the walk should last 30 to 60 minutes on average, to be adjusted up or down according to individual needs. This type of walking is reported to be particularly effective in reducing fat on the abdominal wall and reducing blood pressure.



The article is an edited extract from the book: *Traditional Chinese Medicine, an Authoritative and Comprehensive Guide* and is reprinted with the permission of the author, Henry C. Lu, Ph. D.



Stuffed Capsicums

SERVES 4

VGN DF GF RSF + NF

I'm a fan of stuffed anything. I'm always on the lookout for any new vegetable that I can stuff... literally! It must be my mum's influence as she used to make stuffed eggplant, capsicum and zucchini for us all the time. This stuffed capsicum dish isn't based on my mum's traditional recipe, but is a ripper veggie variation. Quinoa is always in fashion with me, and plays the star role in the stuffing, alongside a medley of vegetables and spices that make this dish a taste bomb.

INGREDIENTS

- 4 capsicums (peppers), in a mix of colours, cut in half lengthways, then hollowed out
- 1 teaspoon olive oil, plus extra for drizzling
- 300 g (10½ oz/1½ cups) quinoa
- 625 ml (21½ fl oz/2½ cups) vegetable stock, plus an extra 125 ml (4½ fl oz/½ cup) vegetable stock
- 1 tablespoon tomato paste (concentrated purée)
- 2 tablespoons grapeseed oil
- 1 red onion, finely diced
- 3 garlic cloves, crushed
- 1 long red chilli, diced (optional)
- 2 ripe tomatoes, peeled and diced
- 1 teaspoon Himalayan salt, or to taste
- ½ teaspoon freshly ground black pepper
- ½ teaspoon dried basil
- 15 g (½ oz/¼ cup) nutritional yeast, plus an extra 2 tablespoons for sprinkling
- 200 g (7 oz/1 cup) cooked corn kernels
- 75 g (1½ oz/½ cup) cooked fresh or frozen peas
- 175 g (6 oz/1 cup) cooked or tinned black beans, rinsed and drained



METHOD

Preheat the oven to 170°C (325°F). Place the capsicum halves on a baking tray lined with baking paper and lightly massage with 1 teaspoon olive oil. Put the quinoa and 625 ml (21½ fl oz/2½ cups) vegetable stock in a saucepan and bring to the boil. Reduce the heat, cover and simmer for 10–12 minutes, or until the stock is absorbed and the quinoa is cooked. Set aside to cool slightly. Mix the 125 ml (4½ fl oz/½ cup) vegetable stock with the tomato paste and set aside. Heat the grapeseed oil in a saucepan over medium heat. Sauté the onion for 2–3 minutes, or until translucent. Add the garlic and chilli and sauté for a further 1–2 minutes. Stir in the diced tomatoes, then add the tomato paste mixture, salt, pepper, basil and the 15 g (½ oz/¼ cup) nutritional yeast. Remove from the heat when the mixture begins to bubble. In a large bowl, combine the corn, peas, black beans and quinoa. Add the tomato mixture and fold through well. Evenly scoop the mixture into the capsicum halves. Drizzle with a little extra olive oil, then transfer to the oven and bake for 15 minutes. Sprinkle the extra nutritional yeast over the capsicum halves and bake for a further 10–20 minutes, or until cooked to your liking. Transfer to a serving platter and enjoy straightaway.



Raw Hazelnut Brownies

MAKES 14

R + VGN DF GF RSF

Chocolate and hazelnut: who can resist? These easy no-bake brownies are almost too good to be true. You don't need a whole lot of time or ingredients to get these ones happening — but you may find it hard to resist the whole slab!

INGREDIENTS

270 g (9½ oz/2 cups) hazelnuts
 265 g (9½ oz/2½ cups) shredded coconut
 85 g (3 oz¾ cup) raw cacao powder
 650 g (1 lb 7 oz¼ cups) almonds
 ⅛ teaspoon Himalayan salt
 225 g (8 oz/1½ cups) medjool dates
 250 ml (9 fl oz/1 cup) rice malt syrup

Ganache

450 g (1 lb/3 cups) chopped sugar-free dark chocolate
 500 ml (17 fl oz/2 cups) coconut milk

METHOD

Place the hazelnuts, coconut, cacao powder, almonds and salt in a food processor and process into small crumbs. Add the dates and rice malt syrup and process until the mixture is well combined and sticky. Line a 24 cm (9½ inch) square cake tin, about 5 cm (2 inches) deep, with baking paper. Transfer half the brownie mixture to the tin and press down evenly. Set the remaining brownie mixture aside.

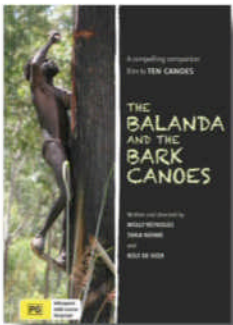
To make the chocolate ganache, add the chocolate and coconut milk to a saucepan and stir over medium heat until the chocolate has melted and thickened. Remove from the heat. Using a tablespoon, randomly dollop about 6 tablespoons of the ganache over the brownie base. Freeze for 10–20 minutes. Remove the tin from the freezer and press the remaining brownie mixture evenly over the top. Pour the rest of the ganache over the brownie, spreading it evenly. Freeze for 3–4 hours, or until set. Remove from the freezer 30–40 minutes before serving. Cut into slices to serve. The brownies will keep in an airtight container in the freezer for 4–6 weeks.



Images and recipes from *Hippie Lane: The Cookbook* by Taline Gabrielian (Murdoch Books RRP \$39.99).'



film reviews



The Balanda and the Bark Canoes

Director Rolf de Heer wrote during the production of *Ten Canoes*: “We are making a movie. The story is their story, those that live on this land, in their language, and set a long time before the coming of the Balanda, as we white people are known. “For the people of the Arafura Swamp, this film is an opportunity, maybe a last chance, to hold on to the old ways. For all of us, the challenges are unexpected, the task beyond anything imagined. For me, it is the most difficult film I have made, in the most foreign land I’ve been to ... and it is Australia.” The making of that landmark feature film provides the framework for *The Balanda and the Bark Canoes*, a documentary exploring much more than simply, the practicalities of working with non-professional actors in crocodile-infested waters. Long before cameras rolled on *Ten Canoes*, de Heer was involved in complex consultations with the Aboriginal cast and community members. The film observes the process by which the people of Ramingining and Murwangi recreated the canoe-making process for *Ten Canoes*, working from a wealth of photographs taken in the 1930s by anthropologist Donald Thomson. Taking misunderstandings and cultural differences in its stride, this fascinating and often amusing documentary is an uplifting account of how a free-for-all discussion evolved into a highly successful feature film.



Psychiatry Friend or Foe? The Untold Story of Australian Psychiatry

In response to the staggering 35 million psychiatric drug prescriptions written in Australia in 2014/15, of which 83,155 were for children under 15, the Citizens Committee on Human Rights (CCHR) released a new documentary: *Psychiatry Friend or Foe* at the Sydney Opera House in March 2017. In this film you will hear about the devastation psychiatric drugs have caused on many people who have taken them. The facts about the psychiatry profession are also revealed, with 19 experts, including doctors and one psychiatrist interviewed. “Psychiatry Friend or Foe is a timely and shocking insight into the effects of psychiatric drugs and should not be missed ... in your lifetime.”

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A Life Of Its Own



A Life of Its Own aims to provide clarity and understanding of one of Australia's most stigmatised and controversial issues – medicinal cannabis. Award winning journalist, **Helen Kapalos**, takes the audience on a wide-ranging voyage of discovery about medicinal cannabis, addressing the complex issues facing its use today.



A Life Of Its Own was inspired by a network TV story in which a young man diagnosed with a terminal disease speaks about his difficult decision to use cannabis to ease his debilitating nausea following chemotherapy – a story made all the more poignant because

the young man's father is a former drug-squad police chief. The emotional result mirrors others portrayed sensitively throughout the film: personal stories of patients suffering a range of illnesses, from intractable epilepsy to rare genetic diseases.

Presenting testimony of medical professionals, scientists, lawyers and politicians in Australia and overseas, *A Life of Its Own* seeks to present a clearer understanding of where the medical profession currently stands on the use of medicinal cannabis, and what legal and social obstacles may be preventing Australia from moving forward.

The film takes the viewer on an international journey, gaining a rare insight into the work being carried out in Israel, a country which is recognised as a world-leader of both research and the use of medicinal cannabis. There, specialised strains of medicinal cannabis are being developed, and government-controlled clinics provide treatment for a wide range of maladies. Researchers explain the relatively recent understanding of how the elements of cannabis react with human physiology, but stress the need for more wide-ranging studies of potential benefits, studies which have yet to be conducted on a large scale. The international experiences place the Australian debate within a broader context, and gives some clarity into how the plant went from general medical use early last century, to being demonised by drug laws – some of which were driven by protection for the synthetic fibre industry.

A Life of Its Own provides a thought-provoking case - contrasting the weight of anecdotal evidence against the absence of clinical research called for by the medical establishment.

In spite of the obstacles of drug laws, the film does show how a global shift in the scientific community's understanding of medicinal cannabis is slowly taking place, and how Australia - influenced by determined and unintended advocates - is moving forward towards limited reform.

Australian Legislation

In February 2016, the Australian parliament amended the Narcotic Drugs Act 1967 to permit legally-grown cannabis for the manufacture of medicinal cannabis products in Australia. The amendments also worked towards decriminalising the possession of cannabis for medicinal purposes. These amendments were designed to facilitate access to medicinal cannabis by people with painful and chronic illness, and had bi-partisan support in parliament.

Further, the amendments to the legislation allows for the cultivation and production of cannabis and cannabis resin for medicinal as well as scientific purposes via a national licensing and permit scheme.

Licences to cultivate medicinal cannabis will be a Commonwealth Government responsibility.

Patients with a valid prescription can possess and use medicinal cannabis products manufactured from cannabis legally cultivated in Australia, provided the supply has been authorised under the Therapeutic Goods Act 1989 and relevant state and territory legislation. The Therapeutic Goods Act sets out requirements for supplying, importing, exporting, manufacturing and advertising therapeutic goods and establishes standards for the quality of therapeutic goods. On 5 April 2016, the Therapeutic Goods Administration (TGA) announced that medicinal cannabis would be classified as a Schedule 8 (S8) controlled drug from 1 June 2016. Schedule 8 drugs include medicines like morphine and dexamphetamine. Once in S8, medicinal cannabis products would be treated as controlled drugs and could be potentially prescribed by a medical practitioner.

Australia remains committed to upholding its strict international obligations to drug safety. The Secretary of the Department of Health has strict control over the level of production. Recreational cannabis cultivation and use remains illegal with state-based criminal laws still in place.



Australian State Laws

In order for the changes in legislation to properly take effect, new legislation approving the manufacture and use of medicinal cannabis still need to be passed by the states. Victoria has already made the necessary changes to its legislation, and NSW, Queensland and Tasmania are on the way to doing the same.

Victoria

On 6 October 2015 the Victorian Government announced that it would legalise access to medicinal cannabis in exceptional circumstances from 2017. The Access to Medicinal Cannabis Bill was introduced into Parliament on 8 December 2015 and was passed by Parliament on 12 April 2016. These legislative changes aim to establish a medicinal cannabis model that covers the cultivation, manufacture and supply of medicinal cannabis products for patients in exceptional circumstances. It will determine patient eligibility and provide clinical oversight with advice from specialists, general practitioners, nurses and pharmacists.

New South Wales

The NSW Government has announced the establishment of the Centre for Medicinal Cannabis Research and Innovation and is investing \$9 million over the next five years on the clinical trials of cannabis products. The trials will explore the use of cannabis and/or cannabis products in providing relief for patients suffering from severe paediatric epilepsy, chemotherapy-induced nausea and vomiting, and for symptom relief for those with terminal illnesses. The NSW Government has also developed the Terminal Illness Cannabis Scheme (TICS) to extend compassion to adults with a terminal illness.

Tasmania

The Tasmanian Government is developing a Controlled Access Scheme (CAS) to allow patients to access unregistered medicinal cannabis products under prescription from their treating medical specialist, in limited circumstances and where conventional treatment has been unsuccessful. The CAS will facilitate access to medicinal cannabis products grown lawfully under Commonwealth licenses, once they come onto the market.

Queensland

In 2015, the Queensland government amended the Health (Drugs and Poisons) Regulation 1996 to allow for the use of medicinal cannabis in clinical trials and is supportive of the Commonwealth government's national licensing scheme.

HELEN KALAIPOS Director's Statement

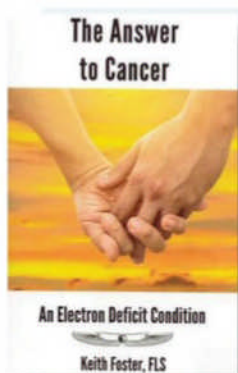


This documentary was conceptualised following a series of stories I worked on during my time as an investigative reporter on a major Australian network which affected me profoundly. At the centre of those stories was 24-year-old Dan Haslam who was struggling with the final stages of bowel cancer. A reluctant user, medicinal cannabis gave him instant relief during chemotherapy. For Dan's mum, Lucy, Dan's struggle led to a life-changing quest for answers and for the truth. For me, my research for this film revealed the full story of how science can work effectively with human trials.

I was also astounded at the difference in the attitudes of doctors in exploring the merit of medicinal cannabis as a genuinely alternative medication for patients.

The Israeli model combines a tight regulatory framework, allowing the science to be practically applied, and exemplified a compassionate and humanitarian approach.

As a journalist, I found there's much that needs to shift, including attitudes in some sections of the community as well as in the medical profession. We all deserve the best options in healthcare. Furthermore, we have the right to know what those options are. The title reflects the life-enhancing properties of this ancient plant, and a story which indeed took on a life of its own.



The Answer To Cancer

Keith Foster

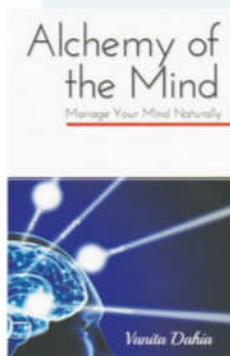
One of the contributing factors in the current cancer epidemic is the huge change that has taken place in our environment. The separation from the natural rhythms and potential charges that previously invigorated us has had a profound effect, and this reflects in our overall health. We are now surrounded and immersed in strong electro-magnetic fields which challenge our living structure by placing unusual loads on it (eg. mobile phones) whilst at the same time, preventing the natural recharge systems in our bodies from performing their essential functions. In *The Answer to Cancer*, Keith Foster describes in detail humankind's electro-magnetic (and sonic) nature so that you can get a better idea of how our bodies work on an electro-magnetic level, and can take steps to improve your health naturally.



Head First, Heal Fast

Leanne Hall

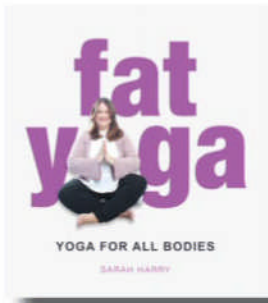
Diets don't work. If they did, 63 percent of Australians wouldn't be overweight or obese. In *Head First, Health Fast* psychologist Leanne Hall shows you how to come off the dieting hamster wheel and take a psychologically savvy approach to body image, nutrition and wellness, by using your head first and learning how to take control of your weight, and your health. The author uses her extensive experience assessing weight, body image, eating, mood and anxiety disorders, as well as her expertise as a nutritionist and personal trainer to take you on a journey through your own psychology, your personal relationship to food, and your approach to exercise. Leanne Hall offers a holistic alternative to the traditional and restrictive one-size-fits-all weight loss programs.



Alchemy of the Mind

Vanita Dahia

Alchemy of the Mind offers an engaging and informative way to look into your thoughts, emotions, feelings and memory. Whether you suffer from stress, anxiety, depression or addictions, one pill may not be the solution. Vanita reveals how balancing chemicals that connect the brain with the gut can control stress, cravings, addictions, and libido. Your biology is in your biochemistry she says, and testing brain chemistry with functional pathology maps out a pathway to a targeted natural support for the nervous system.



Fat Yoga

Sarah Harry

Scrolling through social media, you could be forgiven for thinking that yoga is purely the domain of teeny-tiny, thin, flexible girls, clad solely in the latest crop tops and shorts, sipping

green juices and watching sunsets every day. But you don't need to fit this mould to embrace and enjoy yoga. The practice of yoga is over 4,000 years old and can (and should) be enjoyed by people of all sizes. *Fat Yoga* embraces the 'yoga for all' ideology. All bodies, all ages, all abilities. This book is a step-by-step 'how to' guide to yoga with variations to suit the less mobile or flexible. It's also jam-packed with helpful, practical advice, such as how to keep your boobs out of the way during practice. Covering the history and science behind yoga, postures for every situation and gratitude (including self-compassion, body image, to soothe and calm) as well as restorative yoga and chair yoga practice, *Fat Yoga* is the perfect book for yoga enthusiasts of every level and body type. Connect with your body and explore its physicality in a safe way emotionally, physically and spiritually, in the comfort of your own home.

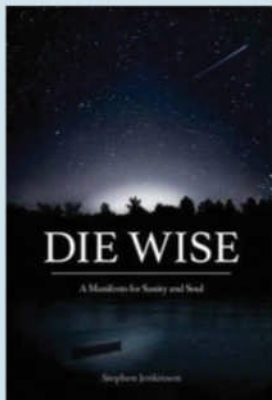


Loveland

Dr Debra Campbell

Nothing is more important to us than love, yet nothing is more painful than love gone wrong. During the course of our lives, we can develop dangerous faultlines and crevasses in our inner emotional landscapes due to

past hurts, losses and disappointments. *Loveland* is psychologist Dr Debra Campbell's map for traversing the treacherous terrain of love and cultivating the wisdom and self-compassion for healthy love relationships. Drawing on her own knowledge and experiences of dysfunctional love relationships throughout her life, Dr Campbell shows you how to identify your faultlines, avoid repeating negative patterns, and become empowered to make different choices.



Die Wise

Stephen Jenkinson

Die Wise does not offer seven steps for coping with death. It does not suggest ways to make dying easier. It pours no honey on to make the medicine go down. Instead, with lyrical prose, deep wisdom, and stories from his two decades of working with dying people and their families, Stephen Jenkinson places death at the centre of the page and asks us to behold it in all its painful beauty. *Die Wise* teaches the skills of dying, skills that have to be learned in the course of living deeply and well. *Die Wise* is for those who will fail to live forever. Dying well, Jenkinson writes, is a right and responsibility of everyone. It is a moral, political, and spiritual obligation each person owes their ancestors and their heirs. It is not a lifestyle option. It is a birthright and a debt. *Die Wise* dreams such a dream, and plots such an uprising. How we die, how we care for dying people, and how we carry our dead: this work makes our village life, or breaks it.



product reviews



Nature's Sunshine HORSETAIL

The horsetail plant, also known as shavegrass, contains the highest amount of silica of all known herbs. Silica is found in connective tissues throughout the body and is important in the building and normal repair of healthy connective tissue. In addition to silicon, horsetail contains large amounts of flavonoids, quercetin, sterols and saponins. Horsetail can provide nutritional support for the urinary and respiratory tracts,



NuFerm FERMPLUS

NuFerm FermPlus is a probiotic superfood that provides 13 key Lactobacillus strains (not just two or three) within their own food source. FermPlus bacteria is cultured from vegetables and fruit (rather than dairy or soil-based organisms) and is free of genetic engineering of any kind. This food source also acts as a prebiotic which enables bacteria to stay alive and healthy and to work synergistically. It is 100% natural, and free from gluten, wheat and dairy. This product is the result of two decades of research.



Miessence FAST WEIGHT LOSS

This product promises that after just '3 short days' of taking it, you will wake up feeling lighter, cleaner, energised and refreshed with an improvement in digestion, elimination, mental clarity, skin, and sleep. Fast Weight Loss is a formula, protein shake, prebiotic, it is a fibre and green-alkalising supplement, a liver and colon- cleansing supplement, a super antioxidant drink, an immune support supplement and an energy drink.

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product reviews



Teelixir CHAGA MUSHROOM

Hailed as King of the Medicinal Mushrooms, chaga is a disease-fighting powerhouse that has been shown through considerable scientific research, to have powerful immune-enhancing, anti-inflammatory, antioxidant, and anti-ageing properties. Its rich nutrients increase power, energy, stamina, and stimulate healing processes within the body. Chaga is a top source for digestive enzymes, sterols, flavonoids, and polysaccharides beta-glucans.



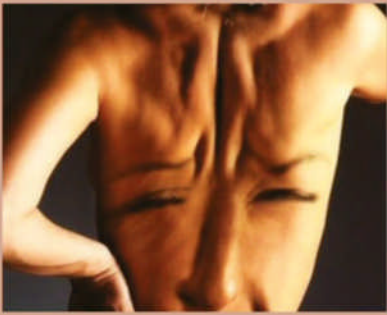
Fijian NONI JUICE

Fiji Noni Juice is made using carefully selected and handpicked noni fruit from the pristine coastal regions and tropical forests in the Fiji Islands. Noni has been widely used for generations in the Pacific Islands as a herbal tonic. Fijian Noni is made from 100% pure fruit juice (not reconstituted from powder) and contains vitamins, minerals, trace elements and amino acids.

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Interclinical
Melrose
Nature's Goodness
Nature's Sunshine
Nuferm
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Olive Oil Skincare
Soleo Organics
Spiral Foods
Springfields
Stoney Creek
Suttons Colliodal Silver
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What Things Can You Do To Help With Pain?

If you suffer from chronic pain, you probably think you have two options: pop pills or tough it out. But medical doctors are increasingly turning to natural pain relief alternatives - like acupuncture, yoga, and even hypnosis to help their patients feel better. In fact, pain is now among the most common reason a lot of people turn to complementary and alternative medicine in the first place. Here are some (not definitive) therapies you might like to try.

MASSAGE

What it's good for: Back pain, osteoarthritis, tension headaches, fibromyalgia, neck pain, and surgery-related discomfort.

COGNITIVE BEHAVIOURAL THERAPY

What it's good for: The talking cure can change the way you think about your aches and pains, and can also reduce stress, which worsens many kinds of pain.

ACUPUNCTURE

What's it good for: Chronic back pain, migraines, tension headaches, fibromyalgia, osteoarthritis, sciatica, and rheumatoid arthritis.

YOGA

What it's good for: Lower-back pain, arthritis, and migraines

HYPNOSIS AND GUIDED IMAGERY

What it's good for: Lower-back pain and possibly fibromyalgia.

MEDITATION

What it's good for: Chronic pain reduction and symptom management.

on *pain*

Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity or pain. To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but embrace it.

Kevyn Aucoin

One good thing about music, when it hits you, you feel no pain.

Bob Marley

Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.

Rumi

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life.

Mary Manin Morrissey

The great art of life is sensation, to feel that we exist, even in pain.

Lord Byron

Pain and pleasure, like light and darkness, succeed each other.

Laurence Sterne

There are unwanted emotions and pain that goes along with any birth.

John Travolta

Some pain is simply the normal grief of human existence. That is pain that I try to make room for. I honour my grief.

Marianne Williamson

If you don't know about pain and trouble, you're in sad shape. They make you appreciate life.

Evel Knievel

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.

Tony Robbins

Realising that we have surrendered our self-esteem to others and choosing to be accountable for our own self-worth would mean absorbing the terrifying fact that we are always vulnerable to pain and loss.

Martha Beck



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