

OCTOBER/NOVEMBER 2011

Health & Wellness Journal

FREE

The Source

ADDICTIONS

Healing With:

- **Sound**
- **Dance**
- **Art**
- **Flowers**



BRAS - Getting it right for the sake of your health

Weight Gain

- **It's Not what You're eating**
- **Don't Lose, Get in Shape**

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THE HEALING POWER OF SOUND

Hum Your Way to Health

Mystics have used humming for thousands of years to induce states of meditation and oneness. The incessant inner conflicts that drain our vital life-force vanish as we immerse ourselves in the vibration of sound. Humming helps to realign the mind-body-spirit and restore a healthy resonance in our being. To hum is to make whole. Humming regulates our breath and makes us aware of it. Humming grounds us. It invigorates our bodily fluids. It brings about trust, integration and graceful adaption to life circumstances. It reduces physical and emotional pain, and helps us tap into the inexhaustible well of energy that is lodged deep in our core.



Humming Practice

Choose a quiet space. Sit cross-legged on the floor, or on a chair. With your eyes closed, start to observe your breath while mentally

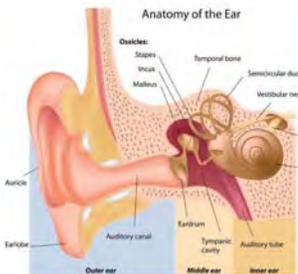
chanting Aum with each inhalation and exhalation. Every time you catch yourself wandering away, just kindly bring your mind back to focused attention. After a few minutes, introduce the sound of Aum. Let the humming last as long as your exhalation, and with each inhalation, mentally repeat the silent Aum. Relax your jaw and do not strain your vocal chords. Practice from 3 to 30 minutes and then meditate in silence. Silence creates space for the sound to enter our physical being at the cellular level. It encourages a positive shift in our subtle bodies. Practice humming daily, while integrating silence into your practice. The more you chant, the more vibrant, alive and connected you will feel.

Maryse is part of the spiritual music ensemble SuryaChandra, and is a member of the Sound Healers Association. She has been studying with sound healing pioneers Jonathan Goldman and Vickie Dodd. For information on her sound healing circles, visit her web site at: www.yogictransformation.net

“Go out into the wild lush garden of the Earth, away from the electrical noises of technology ... Listen attentively to the sounds of nature: the waves of the ocean...”

by Maryse Thuot

In the fertile womb of the mother, the sperm has fertilized the egg. Within a few days of conception, the newly formed embryo starts to develop what is for him, the most important device for connecting to his environment; the ears. While he nests and matures within a warm, dark and fluid cradle, the nucleus listens and absorbs internal and external vibrations. At 4 1/2 months, the organ of hearing, the cochlea, has reached its ultimate size. Alfred A. Tomatis, a pioneer otolaryngologist, says “the most important thing for the embryonic creature is to be able to hear for itself— to be all ears”. Hearing is the first sense to be created, and the last sense to leave the body when we die.



It is written: “In the beginning was the Word”. Sound is said to have created the world. Vibration energizes, and it brings the whole Universe into motion and form. Our thoughts and our speech, as well as what we hear from our surroundings, impact our being and our environment in a myriad of ways, consciously or unconsciously, inducing a state of balance or discord. It is imperative that we use the power of sound with the intention to create harmony within ourselves and our surroundings.

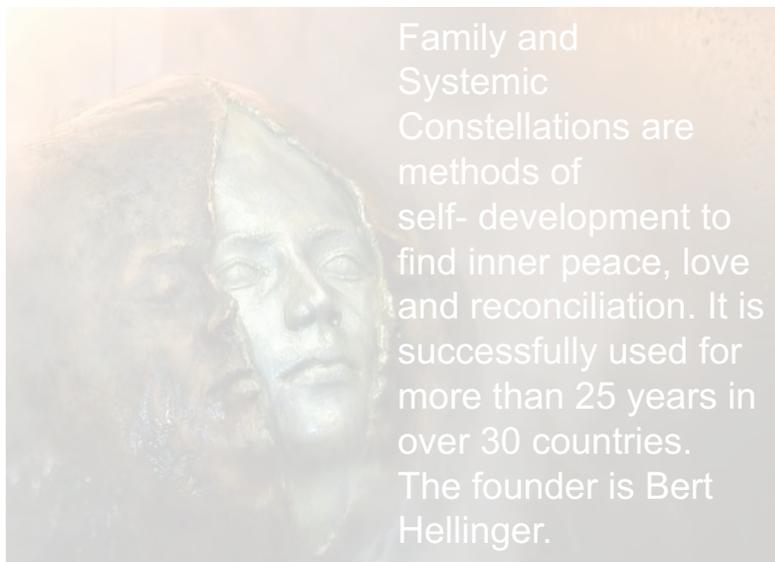
Sound healing helps to bring our living organism back into harmonious resonance. It uses vibration to promote health, reduce stress, alter consciousness and calm the agitation of the mind, while creating a deep sense of peace and well being. Intentional toning helps to mend the dissonance that is created by the constant wear and tear of human life. As we tone, pray and sing, we start to reverberate in tune with the cosmic pulse, re-harmonizing mental, emotional and physical imbalances.

Sounds of nature

Go out into the wild lush garden of the Earth, away from the electrical noises of technology and the relentless mental dialogues that keep you from being fully present. Listen attentively to the sounds of nature: the waves of the ocean, the whispering winds, the gurgling of a river, and the joyful songs of the winged ones. Rest your mind. Breathe deeply, slowly, effortlessly, until the story and the drama of your existence fades away into the background. Expand beyond the confinement of your individual self, merging with the realm of stillness and silence. Natural sounds nourish and relax the entire nervous system. They fine-tune the brain, boost the immune system and soothe the heart. They promote physical stamina, mental clarity, unity and optimism.

FAMILY CONSTELLATION

Self-Development to Find Inner Peace



Family and Systemic Constellations are methods of self-development to find inner peace, love and reconciliation. It is successfully used for more than 25 years in over 30 countries. The founder is Bert Hellinger.

By Ursula Bayer-Klum



I like to show the picture of Maria-Luise Bedirsky's sculpture “Metamorphoses in my workshop posters, because it expresses in a lovely way the transformation a person undergoes during the set up of a Family Constellation.

The best way to learn about Family Constellations is to witness it by participating as a client or as a representative in a workshop. Individual sessions are possible and lead to good results also. The alternate tools of representation I use are little figures in a sandbox.

At a group workshop participants will learn about Bert Hellinger and his method of setting up family and systemic constellations to answer individual questions. You don't need to bring your family. Systemic constellations look into dynamics and challenges in organizations like workplaces, offices and so on.

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FOOD FACTS

- An ounce of chocolate contains about 20 mg of caffeine.
- Coffee is the seed of a cherry from the tree genus Coffea.
- Three quarters of fish caught are eaten – the rest is used to make things such as glue, soap, margarine and fertilizer.



- Dried Medicinal Herbs, Herb Tea
- Chemical Free Skin Care
- Essential Oils And Healing Products
- Stones And Crystals For Healing And Hanging
- Unique Gifts From Around The World
- Psychic Readings And Workshops

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