

people at our Centres Nationwide

Positive Changes

Since I came in contact with the holistic philosophy I have made very positive changes in my life. In the past I wasted a lot of precious time and energy worrying needlessly whereas now I channel my energy into everything in a positive



Peggy Frahill

way. I feel happier and confident and I enjoy life to the full. As a nurse I find this positive approach goes out to my patients and in turn feel good. I would recommend this system to everyone to improve their lives and together we can and we will make a better world.

Peggy Frahill. Cóbh, Co. Cork

Stressed Out

I'm a university student and I started the relaxation classes about two years ago. I was studying for my Leaving Certificate at the time. I was very depressed and stressed out. Looking back now I realise the change in my life has been incredible.

I am constantly in a good mood now and totally relaxed. I literally don't worry anymore. It's brilliant to think that inside us all is the perfect energy - the self, which literally has a movement of its own and takes care of us completely. My life has changed more than I could have possibly believed in the past two years and the best thing is it's only the beginning.

Derbrenn O'Connor. Hazel Park, Galway.



Derbrenn O'Connor

Depression

Throughout my adult life I have been a sufferer of depression. During the last six years I have been constantly receiving treatment and medication for my illness. Last year I had heard, about the relaxation classes and decided to try them. I

attended twice a week and found them to be very helpful. Now I feel my life has changed for the better. I feel relaxed and happy for the first time in a long time. I have just finished my medication and am looking forward to getting on with my life.

Mary O'Driscoll. Cork.

Special Note

Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a useful addition to any form of therapy.

Bereavement

Six or seven weeks ago I started the healing which my daughter-in-law told me about. At the time I was feeling very depressed and lonely as my husband had died a few months before this. I had been pretty ill then with severe asthma and other problems. Since attending the healing everything has improved immensely and I now take each day as it comes not worrying about everything. I feel happy and my work is no toil but I get great pleasure out of it. I enjoy these sessions and when the therapist talks it's like living in a very happy atmosphere.

Thank you sincerely,

M. Bennett. (Dundalk.)

Every Area Of My Life Improved

I've been attending the healing therapy for 18 months and cannot recommend it highly enough. No matter what you feel you lack in life can be easily obtained with the help of the classes. I look at things from a different perspective now. I see the good side of everything. I don't worry anymore. I am doing things now that I thought I could never do or

achieve, my life has taken a new direction. From the first few weeks of starting the therapy things started to happen for me, now almost everything I request comes about for me. Because I feel better about myself, other people see that in me and, therefore, my relationships with others have also improved.

Sandra. (Wexford)



Sandra

Relaxation in Schools Self-Healing System In Education

Around this time of year a lot of second level and university students attend our centres to counteract the build-up of anxiety and pressure as the exams approach. As students relax they find their concentration, memory and self-confidence all improve so that they can do justice to themselves on 'Exam day.' Every year at this time, we run six-week courses in schools around the country, specifically dealing with relaxation for examinations.

Below we include some comments from pupils on our pilot programme in a Dundalk primary school. The pupils are delighted with their special class as is



Tutors & Pupils at Fatima School, Dundalk

headmistress Catherine Boyd who has extended the programme to six and seven year olds who are enjoying the course as much as their older sisters.

This programme concentrates on relaxation and building positive self-esteem. Therapist Georgina Dolan has compiled a booklet of the older children's comments from which we quote a few below. (Names have been withheld so that pupils cannot identify their classmates - the originals are, as usual, available for inspection.)

Schools interested in having a course or courses please contact Ann or Geraldine at 01-830-4211.

Comments by some of the children

"I feel really good. I don't worry any more. I feel confident. I am much better at Irish and Geography. I feel great."

"I feel much better about myself and I am much more confident. I don't feel scared around people who are better than me."

"I concentrate more at school and at home. I take more in as we go along."

"I felt very relaxed. I felt I was floating in the air and then swimming in the ocean with no effort at all. I felt brilliant."

"I am more confident. I find it almost hard to worry and I am nearly always happy."

Centres Nationwide

DUBLIN

- **DUBLIN CENTRAL**
66 Eccles St. Dublin 7
Tel: (01) 830-3717, 830-4211
- **CASTLEKNOCK**
10 Park Drive Grove
Tel: (01) 830-4211
- **FIRHOUSE**
Firhouse Inn Centre (Unit 2)
Firhouse Rd. Tel: (01) 946-588
- **DÚN LAOGHAIRE**
96 Lr. George's St.
Tel: (01) 280-9891
- **LEIXLIP**
Castlevew. Lr. Main St.,
(Beside Garda Station)
Tel: (01) 837-8842, 830-4211
- **RAHENY**
316 Howth Road, Killester
Tel: (01) 833-9902
- **WYNNFIELD**
2 Wynnfield Road
Tel: (01) 497-4234
- **SWORDS**
Day Centre for Senior
Citizens (beside Bank of Irl).
Tel: (01) 840-5540, 830-4211

NATIONWIDE

- **ARMAGH**
41 English St.
Tel: (0861) 525742
- **ASHBOURNE**
Hunter's Moon
Tel: (01) 830-4211
- **BELFAST**
Wellington Park Hotel
Malone Road
(0861) 525742
- **BRAY**
9 Quinsboro Road
Tel: (01) 286-9311
- **CARLOW**
Royal Hotel
Tel: (0503) 41878, (01) 820-4125
- **CORK**
20 Academy St.
Tel: (021) 276364
- **DUNDALK**
18 Jocelyn St.
Tel: (042) 38097

- **GALWAY**
St. Nicholas' Parochial School,
Woodquay
Tues. & Fri. 7.00pm
Tel: (091) 753114 (anytime)
- **LIMERICK**
St. Michael's Church Hall,
Barrington St. (Opp Pers Sq.)
Tel: (021) 276364
- **MULLINGAR**
Greville Arms Hotel
Tel: (01) 830-4211
- **NAAS**
Tony Quinn Centre
over Sheila's Hairdressing Salon
Basin Street
Tel: (045) 67139, (01) 830-4211
- **WATERFORD**
25 Catherine St.,
(Beside Kelly's Garage)
Tel: (051) 76279
- **WEXFORD**
86 North Main St.
(Opp. White's Hotel)
Tel: (01) 830-4211, 287-5879

The Healing Brain

Robert Ornstein is a renowned psychologist who, together with Roger Sperry, received a Nobel prize for their discovery of the specialisation of the two hemispheres of the brain - the right brain being the creative, artistic and intuitive side while the left side is more concerned with language, logic and reason.

In his book "The Healing Brain", Ornstein argues that the primary purpose of the brain is to mind the body. He cites experiment after experiment to show that relaxation training can enhance cellular immune function; that specific emotional states are linked to the development of disease while other emotional states characterise people who survive life-threatening illnesses; that part of the reason why all medicine including drugs and surgery works is the 'placebo' effect - the positive expectation that the patient has of his treatment. He argues that in order to best mobilise the patient's self-healing

systems we should maximise this placebo effect rather than trying to eliminate it.

He concludes: "The most important ally in the healing process is the patient, who is not merely a consumer of something dispensed to him as 'health care', but is an organism developed over millennia and who possesses the most comprehensive healing instrument - the human brain."

Towards the end of his life, Albert Schweitzer was asked about his respect for traditional African medicine. He responded "The witch doctor succeeds for the same reason all the rest of us succeed. Each patient carries his own doctor inside him. They come to us not knowing that cure. We are at our best when we give the doctor who resides within each patient a chance to go to work."

