



LIVING WITH ILLNESS AND LOSS RETREAT

A meditation retreat for those currently living with illness or bereavement

Cost £245

8 - 13 June 2016



www.gaiahouse.co.uk

INSIGHT MEDITATION IN THE BUDDHIST TRADITION
Gaia House, nr Newton Abbot, Devon, TQ12 6EW



GAIA HOUSE

Juliette Medder

Counsellor and Psychotherapist



With optional use of Sand Tray and Drawing/Painting as Therapeutic Tools

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Experience the therapy's ritual

AN experience of "being out of time" is how practitioner Hélène Demetriades describes a Metamorphic Technique session.

She explains that the ritual and practice of a session gives people time out to experience "life breathing more deeply into their form."

A Metamorphic Technique session involves the practitioner lightly touching the feet, hands and head. In the Metamorphic context, these parts of the body are called 'spinal reflexes' and they reflect the pre-natal period of our lives, when all influences start to be anchored physically.

Hélène said: "Recently I learnt that the word 'ritual' comes from rtu, Sanskrit for menses. The earliest rituals were connected to women's monthly bleeding, as the blood from the womb that fed the unborn child was honoured for its life power or mana."

"In the same way that a woman's monthly bleed represents both an opportunity for new beginnings and a shedding of old forms, so

a Metamorphic Technique session provides an opportunity to connect to life, creation, birth, death and the transformation of patterns that no longer serve us.

"The ancient rituals surrounding menses not only reminded people of its power, but also honoured sacred time-out space for women. The ritual and practice of the Metamorphic Technique also gives us that precious time-out, allowing our life force to move unimpeded into a newer and more inclusive expression of who or what we are."

Hélène offers one-to-one Metamorphic Technique sessions as well as workshops for people who would like to learn more about the technique. The next workshop is May 20-21 in Dartington. For more information visit: www.helenedemetriades.co.uk.

Clinic offers free health check-ups

SPRING'S here and it's time to get active – but first we need to address those lingering Winter colds and infections.

The BioEnergetic Health Clinic in Totnes is offering free full health checkups on Wednesday mornings in the shape of 20-minute EAV (Electroacupuncture) testing sessions.

Andy Thompson, who runs the clinic, uses EAV testing, which is completely painless and non-invasive, to accurately diagnose which pathogens (viruses, bacteria, fungi and parasites) are causing ill-health.

The technique has proved effective with many chronic conditions such as digestive disorders (including IBS), asthma, parasites, eczéma and other skin conditions, candida, herpes and cystitis. It can also be helpful in illnesses with no known cause such as chronic fatigue syndrome, migraines, fibromyalgia, cognitive difficulties and joint and muscle pain.



Andy Thompson, left, uses EAV testing, above, at his clinic.



The treatment involves the exact homeopathic version of each pathogen identified plus support remedies and flower essences. This holistic approach provides the body with enough support to heal itself.

Andy also has a keen interest in diagnosing gluten and dairy allergies and combines dowsing and EAV to create tailored treatment programmes.

To book your free taster session, call Andy on 07503 111057. To find out more, visit www.bioenergetichealth.net.

Health & wellbeing

Seek peace of mind?

Contact Peter Crowe
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