



The Healing Essence Newsletter

Summer/Autumn Edition 2009

by

HeavenEarth Natural Medicine Clinic



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-the healthy emotional
program

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New Website Email

If you would like to receive
this newsletter by email,
please email us at
contact@heavenearthhealing.com

*Be very very still
and allow every new experience
to take place in your life
without any resistance whatsoever.
You do not have to do anything, you
simply have to be and let things happen*
Eileen Caddy

Sacred Spaces

Shauna and I went to Bali in June for a holiday. It was our first time to Bali and we just wanted to hang out and rest, do a little shopping and see the country. We had heard all the stories from our friends, how you have to barter for things and shop owners who wouldn't leave you alone. And that at the markets everyone was going to try and rip you off. Well we never experienced any of that. We found the Balinese happy and friendly. To us they appeared to be soft and gentle hearted people, who placed their Spiritual and family life first.

The majority of Balinese are Hindu and they place their spiritual lives above all things. Each house has a temple to the Gods and spirits of their ancestors; some are so large that they take up the whole top floor of their house. They fill each day with Spiritual awareness and at least 3 times a day the Balinese make a conscious connection with the Divine with offerings and prayer.

The streets were littered with little prayer parcels asking for blessings. In every doorway and place of business the blessing parcels were piled up. We could easily tell how desperate each shop was for business by how high their prayer parcels were piled.

When we landed in Bali, Shauna and I could immediately sense a change of energy in the environment, even just walking out of the plane into the airport. Bali felt calmer and more peaceful. It had a gentler type of energy, somewhat less frantic than where we live. Even though everyone drove their scooters as if there was no tomorrow, there was still this flow of life force that was neither pushed nor hurried. Life flowed through the present moment with no hurry.

It was only during our shopping sprees that this beautiful Bali picture began to change. There were stray dogs everywhere, eating the offerings and everywhere we looked there was plastic. Plastic bags and bottles littered every street, vacant allotments and creek. It made me wonder why indigenous spiritual people who have a deep connection to the earth don't seem to relate that holiness to their outer natural environment in terms of the introduced elements - like plastic garbage.

I have travelled through many Asian countries and the only answer I have is, that it seems when a society is focused on their inner Spiritual life, the people seem to lose contact with their outer reality. But the same can be said for the opposite.

A Western society that is mainly focused on its outer reality seems to lose contact with their deeper inner reality. I wonder why we humans cannot have both. Then I realized that this is why the world is going through such deep inner and outer struggles for survival.

We all need to learn how to take the outer struggles and reconnect them to our deep inner need for happiness and harmony. It could be seen as Life's constant struggle between *Being* and *Doing*.

In our Western society we value 'doing' more than 'being'. Things must be done, made, built, organised, and created. But in the Balinese society the emphasis is on 'being' connected to the Gods, the Divine inner Presence, and our True selves. So they place a greater importance on love, prayer, blessings, ceremony, music, dance and family ties.

I guess when you live at the base of 3 volcanoes, one that is still active, with the last eruption in 2002, your life takes on a radically different sense of importance, the same as if you were in war torn Africa or Iraq.

We Australians have so much to be grateful for, we are blessed with so much. I came back from Bali extremely grateful that I live in Australia and I was deeply thankful for what a clean and environmentally aware nation I live in. Even with all our rules and regulations it still is the lucky country. I must say to all Australians, well done. We do care and we are doing a great job at keeping our country clean and beautiful.

We can however, lose sight of how lucky we are. We forget how much of the world is worse off than us. We can easily get caught up in our own little problems and forget that we are in the top 5% of living standards in the world. In fact a report that has just come out places us second in terms of global living standards.

So I ask myself the questions, why are we so stressed out? Why do we suffer so?



My answer to these questions comes from how the Balinese live their lives. They place their spiritual life first, followed by family and friends. I read recently that native cultures spend half their lives in ceremony and play. So the perfect day would be 8 hrs work, 8 hrs sleep and 8 hrs nurturing our creative, spiritual aspect, yeah right!

When I was in a spiritual community living in one room for 5 years, I use to say, 'that the outer life was hard and the inner life easy.' Out in the world that seems to be in the reverse, our outer lives are very easy but to have a fulfilling inner life takes time and effort.

So many clients come to our clinic with stress related health problems. It wouldn't take much to change their lifestyle but people are very resistant to giving up all they have worked so hard for. Without all those possessions they struggle to define who they are.

For some letting go of anxiety is often more uncomfortable than keeping it. At least they know their pain. Giving it up often throws people for a short time into a higher state of panic. A void is created until the person is able to refocus or realign to greater and happier life experiences.

Our suffering is so out of balance with what we really need to live a happy and healthy life. If you are clothed, housed, fed, transported, can read and write, with money in your pocket you are better off than 95% of the world population.

Each day Shauna and I take the time to sit still and surrender to what is, some people call it meditation. But it is really about giving our minds and nervous systems time to relax and heal.

Healing happens 10 times faster when you are relaxed, not just the body but the mind as well. A very quick way to do this is simply to breathe deeply, softly and slowly. As you calm the breath you will relax and slow the brain activity.

Spending time each day with your true self gives multiple rewards. I like the statement that says, **"Give God half an hour a day and He will give you back the rest of the day."**

We in the West need to find a way of re-connecting with the Divine. Yes I am talking about God, Beloved, Holy Mother, Spirit, Presence, and Universal Consciousness, the Great beyond, and Cosmic Light.

I don't care what name you give to a power of love greater than yourself but whatever we call it, there is a power far greater than our small minds. There is a place we can go for help; it can be as close as our own hearts.

But this Inner sanctuary won't just reveal itself without an invitation. We need to cultivate and nurture this sacred connection. We need to treat ourselves with respect and loving kindness. We need to protect and constantly realign to the love and peace that awaits within. Daily recognition of a higher self is all it takes to establish an awareness of our greater spiritual potential.

We need a Daily practice, we need to take the time to establish pathways from the inner to the outer and back to the inner world. This constant travelling back and forth will help our brains and hearts develop clearer communication channels.

Our intuition will develop, our intelligence increase and our creative brains will help us become more open minded in our problem solving.

We will begin to develop the Heart-Brain connection, opening up new pathways that will support us in times of crisis and suffering.

I would like to think that we will help create a beautiful world that naturally uses intuitive wisdom coupled with unconditional love.

Maybe then we will be able to bring heaven to earth.

Blessings to you all

Robert Kendall

Our New Alpha Relaxation CD

I am creating (with the help of my Muso brother) a 30min. Deep Alpha Relaxation CD.

I have designed it using the Deep Alpha music rhythm, making it extremely easy for the brain, heart and nervous system to reach a deep and peaceful state of rest & relaxation.

This CD :-

- may be used for healing and creative thinking*
- is a great way to start meditating*
- is marvellous for overcoming learning and study problems*
- is a great aid for any type of healing*
- is also very helpful for sports people to recharge and refocus*

The CD contains a 30min guided relaxation cycle & a 30min music cycle.

This CD will be available to my clients at an introductory price of \$12

Staying Young Humour

A woman walked up to a little old man rocking in a chair on his porch. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise."

"That's amazing," the woman said. "How old are you?"

"Twenty-six," he said.

Emotional Wellbeing Workshop

Emotional Freedom Techniques to help you find happiness & peace



EFT can be truly magical in quickly relieving the pain of deep negative feelings but that is only stage 1.

Stage 2 is using EFT to help you gain conscious creative control of your life.

Using EFT you will discover that life is supposed to feel great and that our overall Well-being is what is truly natural.

We invite you to a relaxing peaceful day. Our EFT workshop will teach you in one day all you need to know. These techniques need no special equipment and once learnt, last a life time.

This year we are offering a

Special 1 day Wellbeing Workshop for \$195 (manual included).

17th May 09 :: Sunday 9.30-5pm

Early Bird ! by the 2nd May is only \$170

If a group setting doesn't feel right for you then we have

Private Consultations or phone consultations.

for more information phone the clinic or go to

www.heavenearthhealing.com/workshop_eft.htm



Do not resist the difficult path and it will vanish like mist in the rays of the sun.

Eileen Caddy



Heartfelt Thank You

We are closing the clinic in June and would like to thank you all for your patronage. After 6 1/2 years we have decided to move the clinic to our home in Currumbin Valley Give us a call on 55220411 if you would like to have a session or treatment

The Oneness Blessing

In November last year Shauna and I went to the Fiji Campus of the Oneness University. We spent an intense and beautiful week where we were initiated into giving the Oneness Blessing or Deeksha (as it is known in India).

I don't know how much to tell you as it is a very deeply personal experience. The blessing is given by placing the hands on a persons head for 2 to 3 minutes. The Blessing Giver becomes a channel that opens the receiver up to their own Divine Presence and invoking a state of grace into the heart and mind.

For the scientifically minded, Brain Research has shown that the Blessing has a direct effect on the Brain, quietening certain areas and awakening other areas. It seems that through stress, worry, fear, anxiety; in fact any negative emotion felt on a continuous basis, most of humanity gets stuck in the brain stem (the area of fight and flight) and the parietal areas (areas that create a separate self) of the brain.

At the Oneness University the guides say that the brain is really designed for enlightenment (a state where we no longer feel separation, as in *you and me, us and them*). Enlightenment, true awareness, they say, sits mostly in the left frontal lobe of our brains, however continuous negative thoughts and fear hold us down and away from these frontal lobes. With CAT scans they have shown that the brain does light up in the frontal lobe when having a Blessing.

On a personal level, Shauna & I have experienced a change in our brains and body. We are noticing that our relationship to all of life is going through deep and fundamental shifts. We experience less stress and more happiness and when issues arise they resolve very gracefully. These physiological and psychological experiences have lead us to becoming Blessing Givers.

We have been drawn to the Oneness Blessings for 2 important reasons. The first is after many years of being on a spiritual path we realize that the final steps to the Divine have to be done with the help of the Divine, mainly in the form of Grace. We need help to get out of our own way, so to speak.

Our 2nd reason for liking the Oneness movement is that there is no body you have to follow nor any doctrine or study you have to do, it is about your own individual sense of the Divine. People of all religions have felt that the blessing brings them even closer to their own personal experience of God/Divine/Universe. The Oneness Blessing is for everyone, it is purely given to help you heal the sense of separation and open to a deeper experience of love.

We have decided to offer fortnightly blessings at our home and are inviting our friends to come and experience the blessing. If you are interested in experiencing a Oneness Blessing please give us a call or drop us an email at contact@heavenearthhealing.com

For a deeper understanding of the Oneness Blessing go to www.heavenearthhealing.com/pdf/FAQ
Love Robert & Shauna

Meet David King

We will be in India from the 12th March to 9th April completing Process 2 at the Oneness University.

David King will be treating in the clinic for that time.

We have included David's brochure so that you might get to know him.



A great deal! For New people who would like to experience the healing benefits of Acupuncture, David has a generous first time offer of 3 treatments for the price of 2.

Close your eyes, calm your breathing and focus your attention on the centre of consciousness.

Thus you will master the senses, the emotions, and the intellect - and thereby free yourself from desire and anger.

- The Bhagavad Gita

Juicing for Vitality - Antibiotic Juice

This juice will help support your immune system as we move into a change of season. Always use Organic fruit and veggies where possible - they have better nutrient value and less chemicals for your system to process.

This juice is a powerful antibiotic and antiseptic and can help fight infections. One glass of 300-400ml taken daily is good, 250-300ml twice daily is even better. Juice all at once and save half the juice in the fridge in a sealed glass bottle or glass with a cellophane seal on the top to slow down oxidization.

- 1 Carrot
- 1/2 cm fresh ginger root
- 1 med. Size beet include some of the green leaves if possible
- 2 apples (green is good) with skin on
- 1/2 horseradish root (you can usually find these in small bags at the grocer/fruit/veg shop)
- 1/2 clove of garlic or 1/2 a med red onion (this is the pungent bit!)
- 2 spinach leaves
- 1/2 cup watercress

Wash all ingredients well and chop to juicing size. Dilute juice with water if you are new to juicing as it will be strong on your digestion. Even if you dilute it to half water and half juice, the effect will be great. If you need this mix to be sweeter add another apple or pear (with skin)

If you cannot tolerate the garlic - leave it out and try a little of the red onion. The onion and radish are particularly good for the respiratory system and help reduce mucus and catarrh. The garlic has natural antibiotic properties. The apples support the intestinal flora and help to reduce unfriendly bacteria. Follow this juice with a good, low fat breakfast.

Adding other greens like a couple sprigs of parsley or stem of mint also help with reducing acidity and help digestion.

Arthritis is helped by the following juice mixture

- 4 stems of celery
- 2 apples (green is good)
- 200g of fresh alfalfa sprouts
- 1 medium sized carrot
- 1 sprig of parsley
- 1/2 clove of garlic (optional!)

It is allicin in garlic that helps reduce the grit-like waste in the joints. The celery is particularly good for reducing acidity and inflammation (arthritis & gout). Parsley helps cleanse the kidneys, liver and blood, as well as helping maintain healthy blood vessels and eyes. You could add a few grapes to this mixture as they will help alkalise and reduce uric acid levels; the addition of grapes however does sometimes give people excess gas in the process - so see what works best for you. Again dilute with 1/4 water, or more especially if you find the mixture strong.

For more Raw Juicing Recipes, see our website under *Health Articles*.

“The best things in life aren't things”

Art Buckwold

Healthy Food

Below is my favourite recipe of late - Its easy to make, you can use a variety of ingredients, it's pleasing to the palate, tastes even better the 2nd day and can be made low fat, non-dairy, non wheat.

I will list some variations at the end that I have tried and we loved them. This dish is traditionally served as an appetiser or side dish, however I tend to add a lot to it so it can become a main with some greens or veggies on the side.

Italian Pepper Gratin

The first time I made this with the peppers as per the instructions, after that I found some peppers at a reasonable price that were ready to go and so I used those instead. (the prepared peppers sometimes work out to be similar in price to the fresh ones) Other times I haven't had the peppers on hand and so improvised.

I also *double* all quantities to make a enough for 4 serves.

Also - this dish doesn't really come out together like a piece of lasagne would, you have to scoup it out to serve it.

Ingredients:

- 2 Red capsicum - large
- 15ml/1 tsp extra virgin olive oil
- 1 garlic clove, finely chopped
- 5 ml/1 tsp capers
- 8-12 pitted black olives, roughly chopped
- 15ml/1 tablespn chopped fresh oregano
- 15ml/1 tablespn fresh flat leaf parsley
- salt and fresh ground black pepper
- 60ml/4 tablespn fresh white breadcrumbs (for GLUTEN free- use white rice crumbs - found in most health food stores)
- fresh herbs to garnish

1. To prepare the peppers - Preheat the grill to high. Lightly grease a small ovenproof dish and set aside. Place the peppers on a grill rack and place under the hot grill. Turn occasionally until they are blackened and blistered all over (watch them carefully!). Remove from the heat and place in a plastic food bag. Seal and leave to cool. This allows them to 'sweat' and the skin will be easier to peel away from the flesh.
2. Preheat the oven to 200°C/400°F/Gas6. When cool, skin the peppers. (Not under the tap as the water would wash away some of the delicious smoky flavour.) Halve the peppers lengthways and remove and discard the stalks and seeds, then cut the flesh into thick strips.
3. Arrange the pepper strips in the prepared dish. When I double the ingredients, I use a oven proof dish that is about 21cm x 21cm.
4. Sprinkle the remaining ingredients evenly on top, drizzle with the olive oil and add salt and pepper to taste. Bake in the oven for about 20 minutes or until the crumbs on the top have browned. Garnish with fresh herbs and serve immediately.

For Variations on this delicious meal and another relatively easy dish Vegetable Paella, go to our website www.heavenearthhealing.com and look under Health Articles and the section called Health Foods

Humour - Sex at the Doctors

An old couple go to a doctor and ask him to watch them have sex and tell if he sees them doing anything wrong. So they have sex. While they are getting dressed the doctor said, "Well I don't see anything wrong!"

A week later they come again and ask the doctor to watch to see if they are doing anything wrong. They have sex and the doctor says, "Well again, I don't see anything wrong."

This goes on for weeks. Then the doctor asks why they keep coming.

The guy said: "If we go to her house her husband will catch us. If we go to my house my wife will catch us. A hotel costs fifty dollars. Here it's thirty-five dollars and medicare pays half."

Keep Fluoride and Other Unwanted Chemicals out of Queensland Water! ! !

If you are at all concerned about having a known toxic, carcinogenic substance, silicofluoride put into your water supply, please contact Queenslanders Against Water Fluoridation Inc. (QAWF)

www.qwaf.org or email - info@qwaf.org

The Govt. admits water fluoridation is poisonous, but believe that it is necessary to drink a bath tub full to have a (neuro)toxic affect on our brain. What they don't seem to understand is the meaning of TOXIC or bio-magnification, ie the long term accumulation of toxins in the body tissues. And they say they are concerned about the Health of Queenslanders....*really??*

This is about respecting your right to choose - They are making choices for you and your family because they don't think you know what is best! Speak Up!

The Snow goose need not bathe to make itself white. Neither need you do anything but be yourself. Lao-Tse

Caution on Krill Oil & Omega 3's

Many people are now familiar with Omega 3's and essential fatty acids. These are as the name suggests essential to our health. Our body's many hormonal functions, brain function, metabolic functions, as well as the creation of healthy cell tissue all require Omega 3 at some stage of their growth and function.

Of late there has been a lot of health groups/sites promoting the use of Krill oil as a way of getting Omega 3 content. Krill oil is made from a small, shrimp-like crustacean that inhabits the cold ocean areas of the world and even though they are tiny, make up the largest animal biomass on the planet. Krill are the main source food of whales and a variety of marine life.

We are all now well aware that our oceans contain heavy metals and contaminants and this flow of toxins circulates around our planet. Krill is one of the first organisms in the food chain to pick up heavy metals and then, through the process of biomagnification (through one species continually feeding on the smaller one before it), each animal/organism in the foodchain will have ever increasing levels of heavy metals/toxins building up in its body. This happens with fish and with whales (which feed on krill), so much so recently that whale meat sold in Japan to schools for childrens lunches (*this was the only way they could get rid of it*) had to be banned as it had such high levels of heavy metal contaminants that it was not fit for human consumption (*so they put it in pet food!*).

So my cautionary note here is - has the Krill oil been tested? In my mind if it contains ANY toxic residue then it is not worth the risk to your own health. Now that we are dipping (un-naturally so it seems) into the whales food chain, you might naturally deduct that we are open to the same chemical build up.

There are plenty of other ways to get omega 3 oils - salmon, mackerel, lake or rainbow trout - again just be aware of the source. Another omega 3 in the form of alpha-linolenic acid can be found in plants - this is a good source as you can get organic plants that have been passed through organic standards testing and that means they are free of contaminants. Flaxseed is one of the best sources easily available to us. You can either get the oil directly from health food shops or make your own flaxseed (also called Linseed) meal by grinding up the seeds in a coffee grinder and have a tablespoon or two of the meal on your cereal or veggies or in your smoothie each day.

Besides having the benefit of the fresh omega oil in the flaxseed meal you are also getting great fibre and if you suffer from constipation, you will find this helps move things along. Always keep your fresh ground flax meal in a dark container (stainless steel/glass is good) sealed in the fridge. Grind small amounts, as the fresher the meal the better. Other vegetable sources include pumpkin seeds, tempeh, kale, collards, chard. Fresh organic meats also have some omega 3 - it must be *grass fed*, not feed lot meat (omega 3 is in the chloroplasts of the greens that the animals eat). If possible, include a variety of these foods in your diet. *Happy munching!*



Natural Therapies

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