

Malvern Natural Health Centre

15 Abbey Road, Malvern, Worcestershire WR14 3ES Tel: 01684 893238

Website: www.malvernhealth.org.uk Email: info@malvernhealth.org.uk

Registered Charity No. 1003213

MNHC NEWS

Treatment Support Fund

People on certain benefits can apply to our Treatment Support Fund for up to three treatments at HALF PRICE (with supporting evidence). TO APPLY CONTACT RECEPTION OR YOUR THERAPIST.

Welcome to Sally Dives

Sally is offering Counselling, Aromatherapy, Massage & Indian Head Massage with Reiki. Please contact her for a brochure & to make a booking on 07813 123462.

Therapy Rooms for Hire

Our treatment rooms are available for hire at certain times by qualified therapists and community groups at very reasonable rates day, evening or weekends. Please CONTACT RECEPTION.

TALKS to Local Groups (Donations)

Our therapists are offering to give talks to local groups. Complementary & Alternative Therapies (CAM) are particularly helpful for chronic conditions such as stress, anxiety, depression, allergies, back & joint pain, insomnia, heart disease, obesity etc. Talks are FREE but we ask for donations for our Treatment Support Fund. To make a booking for your group please CONTACT RECEPTION FOR A FORM.

GROUP BOOKINGS

Therapists are also available for group bookings e.g. hen parties, pamper days, healthy living programmes for your employees etc. Please CONTACT RECEPTION or your therapist.

SIGNS OF SPRING



The sun's rays are bringing light and warmth to the awakening earth. We are reminded that the whole of life is sustained by the light of

the sun via the process of photosynthesis. We feel uplifted by the vibrant yellow of the daffodils and marvel that such beauty can be produced year after year from a small brown bulb. **We wish you health & happiness. The Editor**

FORTHCOMING EVENTS

VISIT CROWN HEALING WELL

Sat 1st - Tues 4th May 10am - 4pm
during MAY WELL DRESSING FESTIVAL



Come and visit Crown Healing Well (formerly Crown Stables Well) during the four day Festival. This ancient hidden well is situated in the cellar of Lyttelton House accessed via 15 Abbey Road from 10am - 4pm only. Contact: TIM WILLCOCKS on 01684 567721 if you can help decorate.

Crown Healing Well 2009

OPEN DAY Saturday 1st May 10am-4pm

We will be holding an OPEN DAY on Saturday 1st May for TALKS, demonstrations, story-telling, arts & crafts for children etc throughout the day.

Programme:

- 11am Jenifer Higgins - The Radiance Technique®
- 12pm Suzy Fildes - Aromatherapy, Reflexology & On-Site Massage
- 1pm Tim Willcocks - Bowen/NST Therapy, Zero-Point Resonance & Alkalisig

Sunday 2nd May TALK AT 2PM on Theta & Angel Healing and taster treatments by Declan Kerr.

PILGRIMAGE AROUND SPRINGS

Sunday 2nd May 11am

Rev Valerie Needham will lead a pilgrimage around the springs of Malvern beginning at our well. Meet outside the Post Office in Abbey Road at 11am to travel by car to view the well dressings and celebrate life's journey. Please bring suitable outdoor clothing.

BOWEN WORKSHOP, Malvern, UK

1-Day Introductory Bowen Workshop May 22 or 23. £55 (Contact TIM WILLCOCKS on 01684 567721)

BOWEN WORKSHOP, Kalikalos, Greece

Introductory Bowen workshop May 8 - June 3 in Greece at Kalikalos Holistic Summer School, Pelion peninsula: Bowen, swimming, community and fun. Around £300. APPLY: TIM WILLCOCKS on 01684 567721 or www.kalikalos.com

THE THERAPY EXPLAINED ANGEL HEALING & THETA HEALING

By Declan Kerr

If I change I'll be...?

Change is a natural state for us to be in. How comfortable are you with that as a statement about your life? We know that change is a constant. That our body cells are evolving and changing as I write this, as you read it.

That change can be about allowing love to flow, receiving love, the gift of life, blessings, support to be whatever we choose; giving love, thanks, appreciation, compassion, joy; and that this flow enters a new dimension when we honour ourselves, the opportunities to experience ourselves, each other and the world we find ourselves in - a world of vibration and motion.

We know this, experience this, when we're dancing, laughing, making love, when we're 'in the moment' or 'in the flow'. It's fabulous. Paradoxically, we know this too when we are in the **still centre of our being** - in our heart, or in silent meditation, or watching the sunset.

We know this, and we experience this, and then we also hold back. We tell ourselves we need the right music, a significant other, we're waiting for something, if only our lucky underwear was not in the wash... **What is it that holds us back?**

All blocks are rooted somewhere about our being, which is why getting beyond our mind, in acts of creativity and stillness, is so beneficial to a balanced life.

Theta healing is a method of healing which tracks beliefs which limit our experience of ourselves, along with the things we fear, directly to the roots. It's unobtrusive, it's rapid, and the energy of source, the energy of creation, is directed so that blocks, limiting beliefs and fears are dissolved by active choice. Change can also come as a surprise. Try it ...if I change I'll become...?"



Declan is a new therapist at Malvern Natural Health Centre. He offers **angel healing**, which is an energy healing that is peaceful and empowering - and **theta healing**, which Declan uses to help identify and then release fears, beliefs and blocks



Book by Declan Kerr

which prevent us from moving forward. There is more information about Declan, his talks & retreats on his website www.moretoyou.co.uk and his books and meditations www.aahpublications.com

Einstein right again

'In the biggest survey conducted using the Hubble Space telescope, astronomers studied 446,000 galaxies to see how matter was distributed. They found that the universe was growing faster and faster with time, as predicted by Einstein, whose theory of general relativity claimed that space and time were a geometrical structure that could be changed by the behaviour of the matter inside it.'
Daily Telegraph 26.3.10

Grassroots Grant

We thank Community First for our Grassroots Grant towards the Treatment Support Fund. These grants are for small local community groups or charities. Please contact: Becky Greathead Email: beckyg@comfirst.org.uk for a grant on 01684 3127325 www.comfirst.org.uk

OUR CENTRE

We are dedicated to the promotion of health and well-being through the use of natural medicine and therapies. Our team of 12 fully qualified and experienced practitioners offers a wide range of therapies. All therapists abide by professional Codes of Ethics and Practice.

Acupuncture, Aromatherapy, Beauty Therapy, Bowen, Brain Gym, Counselling, Crystal Healing, Healing (Theta/ Angel) Homoeopathy, Hypnotherapy, Kinesiology/Touch for Health, Massage (Indian Head/ Thai Yoga, Therapeutic/ Sports/ On Site), Medical Herbalism, Reflexology, Shiatsu, Tai Chi, Zero Balancing etc

Our therapies are holistic treating the whole person (Mind, Body, Spirit) not just the symptoms. They harness & support the body's own healing mechanisms in a way that is appropriate for each person. Please ask Reception for free information, prices and/or brochures for MNHC or individual therapists. Some concessions are available. Please see our website www.malvernhealth.org.uk or phone 01684 893238

SPRING 2010 NEWSLETTER