

Mana

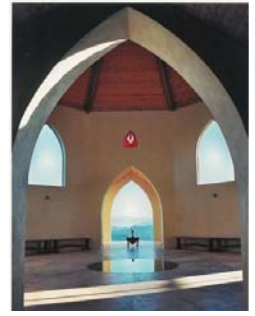
Tranquility Beauty Simplicity

www.manaretreat.com ph: 07-8668972

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NEWS



Mana Programme for June and July

June:

3rd to 6th **“KRIYA YOGA”** With swamis Karmamurti and Bhaktimurti from Australia. 3 days dedicated to various practices and techniques of Kriya Yoga that harmonise the pranic forces in the body, awakening inner awareness. www.ashramyoga.com

10th to 12th **‘The Firedance Workshop’** with Gina Gibson and Friends. Find the rhythm within as you learn and practice poi and the staff. Design and create your own poi, sharpen your focus, master the essence of fire dancing.

24th to 26th ‘Winter working Bee and Solstice Celebration’. Come and join community for a weekend and help us keep Mana beautiful. Bring food and conversation to share; warm layers of clothing and willing hands!

Mana provides a comfortable bed with linens and a beautiful environment in exchange for about 6 hours of work each day.

July:

1st to 3rd **‘Rock around the Kitchen’** with Peter Chaplin. Peter is the author of “Rock Around the Kitchen” a book featuring recipes and nutritional information on fresh, funky food that is not only sumptuously delicious but happens to be good for you! This is a hands-on workshop with one-to-one coaching. Peter created many of the recipes he will share whilst travelling as chef with the Thompson Twins, Chrissy Hynde and Madonna.

22nd to 24th **‘Sound - Body—Mind: Meeting the creator within’** with Julia Biermann. Explore how our life experience is reflected in our physical body

and voice. Learn to see, hear and interpret the “hidden” messages each of us expresses to the world. Great for body workers, therapists and as a general tool for knowing and relating to self and others more deeply.

29th to 31st **‘Still Moving’** with Christina Demmler. A 5Rhythm dance journey with time to move and time to rest, regenerate and nurture body, heart and soul. Move with effortless-ness and the Wave will emerge through the body assisting us in finding our primal connection, the way back (or forth?) to the source. Christina has trained with Gabrielle Roth and taught in Europe, Australia and New Zealand for the last 11 years.

More information is available on the Mana website www.manaretreat.com

Looking to the Future

September:

16 — 18: Soul Camp with Michelle Trubovich.

23 — 25: Dances of universal Peace Reunion.

30 — 2nd: October: Pilates and Tai Ji with Mike Green and Sol Petersen.

October:

14 — 17: Osteopathic Studies with

Robyn Seamer and Manuela Da Rin.

21 — 24: Ashram Yoga with Swami’s Karmamurti and Bhaktimurti.

November:

14 — 18: Craniosacral Training ‘3 Tides’ with Brendan Pittwood and

23 — 27: Embodied Leadership with Sol Petersen.

December:

1 — 4: Men’s Retreat ‘Inner Warrior’ with Sol Petersen

7—11 New Balance Through Sound with Ruth Weimer.

17—18 Summer Solstice Working and Fun Weekend

Additional Courses still to be confirmed.



‘It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.’

Wisdom from Agnes Repplier

And we at Mana suggest it can be easier to find happiness within... at Mana!

Poem of the Month Hafiz ca. 1320 - 1389

Forever Dance

I am happy even before I have a reason.
I am full of light even before the sky
Can greet the sun or the moon.

Dear companions,
We have been in love with god
For so very, very long.
What can Hafiz now do but forever
Dance

From the Centre

Mana News is just a way to be in touch, to say to you “Come visit as soon as you can!” or “What will it take to get you here?” or “Who do you know that could benefit from a dose of Mana?” As we reflect on our first three months “managing” Mana together a few things stand out. We are delighted and surprised at just how much fun we



Donna Idol

have working together – a combination of a high regard for each other, much laughter (OK, we admit some of it is irreverent), and each being happy to work for the other, take the lead, and learn heaps from the



Lukas Hilterscheid

other. Donna will abandon Lukas for the next couple of months to travel to America to meet a new grandson and have time with her family there but the wonderful Mana staff and trustees promise to keep him laughing until her return.

Lukas and Donna

Arthritis Care by Lukas

If you are suffering from arthritis the cold and damp weather of the last few weeks may have had you reaching for painkillers. The most common treatment is masking the symptoms and the pain. However, it does very little to improve and heal the condition and over time may even increase the damage to your joints. If you prefer a **proven** long term solution to improve or even completely reverse arthritis, try the following approach:

1) **Essential fatty acids:** Take 1-2 teaspoons of cod liver oil (molecular distilled to remove heavy metals) or, if you are vegetarian, 3 tablespoons of flax seed oil per day. It contains omega 3, 6 & 9 fatty acids that will help to combat inflammation, reduce autoimmune damage and relieve arthritic pain.

2) **Antioxidants:** Joint fluid withdrawn from inflamed and arthritic

joints contains large amounts of free radicals. Free radicals are highly reactive oxygen molecules that are damaging healthy tissue and cause inflammation and premature ageing.

A good and regular supply of antioxidants is your best defence against cell damage and will **significantly** reduce inflammation, pain and morning stiffness.

3) **Chondroitin sulphate and glucosamine sulphate** are essential building blocks to repair the cartilage in your joints. They also help with the regeneration of synovial fluid (‘joint grease’). Without it your joints will ‘dry out’ and the sliding surfaces will become like sandpaper.

If you are on a tight budget (and not vegetarian) you may try 2 teaspoons of gelatine per day (with lots of water!) It is an inexpensive substitute

for the Glucosamine capsules.

4) Drink plenty of **clean water** (the ‘joint fluid’ is made from water).

5) **Be patient.** The wholistic approach is aiming for a long term solution and healing. This will take time.

6) Last but by no means least **‘use it or lose it:’** Maintain or increase your lean tissue (muscle). Walking, swimming, pilates, yoga or tai ji are good conditioning exercises. **Regular moderate weight bearing exercise** is the **most effective way** to maintain your muscle, soft tissue and bone.

This list contains some of the most important steps you can take to help you body to heal itself but it is by no means complete. Other factors such as nutrition, hormone imbalance etc. also play an important role.

Walking in the Forest by Shanti, Mana Trustee

Walking in the forest today, marveling at the beauty and abundance of mushrooms popping up everywhere. In the 22 years that I have lived and walked on this land I have never seen so many, so colorful, fragile and impermanent. What a miracle this life is, I walk on contemplating the recent

passing of my mother and finding a new level of “being” with her. Recognizing that every cell of my body contains her DNA, she truly lives on in me. My eyes open wider, my senses expand as I realise that as I enjoy this wonderful moment of beauty and joy, she continues to enjoy through me.

What a wonder really, this inter-being! Nothing ever dies, it just transforms. Soon I will sprinkle her ashes around the land and her earthly body will become part of the plants and trees even these mushrooms. I look at the mushrooms and smile. Hi Mom! You’re everywhere now! Shanti