



Mana News

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Winter Health

During the winter months, we can all feel more tired and down; our immune systems take a battering as the cold and lack of light makes us more susceptible to the myriad of viral infections. Fortunately, there are many ways to help us get through winter without feeling exhausted, ill and depressed. Here a just a few top tips:

1. Drink plenty of water: we tend to drink less water in the winter which can lead to dehydration, a common cause of depression. Adding a little lemon juice to your water will help your immune system too. Or why not use the age-old remedy of hot lemon with honey and a little fresh ginger - lovely!
2. Get out in the day light as much as you can, even if it is only ten minutes at lunchtime, it will make a difference. As the evenings draw in, have things that twinkle and delight you, e.g. fairy lights or lots of candles to give you a lift. Use and wear cheering, warming colours, e.g. reds, oranges and yellows.
3. Try and keep to a balanced diet with plenty of colourful fruit and vegetables and complex carbohydrates (e.g. wholegrains, nuts, legumes). Although its always tempting to reach for the comfort factor in winter, try to avoid too much refined carbohydrates, sugars and saturated fat, all of which can weaken our immune system, cause fatigue and adversely affect our moods.
4. Stress is known to weaken our immune system as well as contributing to depressive moods and fatigue. Aromatherapy Massage is one of the most effective ways of relaxing and supporting all your body systems, so try and have a treatment at least once a month, especially over the winter.
5. Many essential oils are also powerful air antiseptics and extremely effective at preventing cold and flu viruses taking hold in the first place. Burning the oils on a room burner at home and at work can help you and your family and work colleagues to avoid the spread of bugs while also boosting your immune systems and uplifting you, all at once! They also lend themselves well to use in warming, soothing baths as well as providing effective relief from cold symptoms through steam inhalations.

Herbs 4 Healing: Helpful Winter Formulas	
Echinacea Plus	Use when you first get cold/flu symptoms - it has been known to prevent the infection taking hold or at the very least decrease the severity.
Astragalus & Ginseng	A deep, powerful immune stimulant used to combat persistent or recurring infections, or when recovering from particularly severe flu or other infections.
Wild Cherry Cough Linctus	Particularly good for chesty coughs and sore throats
Coltsfoot & Aniseed	For dry, irritating coughs and dry sore throats

NB: More details in our Winter Health Guide available in the shop.

If you would rather receive a copy of our newsletter by email, please let us have your email address....

Ho ho hee.. It's Christmas!

Buy a Gift Voucher for a loved-one this Christmas and you will be eligible to enter our **Xmas Prize Draw** ...



- 1st Prize: New You Pamper Hamper!
- 2nd Prize: Luxury Facial
- 3rd Prize: 30 Minute Massage



Newland Avenue's Christmas Lights Switch-on is on **Wednesday, 2 December 2009 at 6.00pm.**

We will also be open for Late Night Shopping on 9th, 16th & 23rd December until 8.00pm.

Here's a selection of our favourite gift ideas - for a bit of fun, sing to the tune of the Twelve Days of Christmas...on the first day of Christmas my true love sent to me:



- A Blossom & Bill Bag & Tray
- Two East of India Painted Boxes
- Three Mini-Facial Gift Vouchers
- Four Wooden Pirate Ships
- FIVE HUMMING TOPS!**
- Six Mouse Pottery Cheese Domes
- Seven Kissing Couple Automata
- Eight Burt's Bees Almond Hand Creams
- Nine Owl Hot Water Bottles
- Ten Japanese Kokeshi Dolls
- Eleven Rabbit in Lettuce Puppets
- Twelve Handmade Vintage Love Birds



Theta Healing: is this the dawn of "Quantum Therapy"?

By Anne-Lise Lancaster, BA(hons), MIFPA

Theta Healing (also known as Theta DNA Healing or the Orion Technique) is a beautifully simple, elegant and effective healing technique based on complex principles that embrace both science and spirituality. It was developed by American naturopath, medical intuitive and healer, Vianna Stibal, who created a model of what she instinctively did when healing her clients. She then refined and added to the model over a period of years to give us the technique we have today. It is a technique that simultaneously draws on ancient spiritual and healing practices, philosophical teachings as well as our current understanding of physiology, modern psychology and quantum physics. To put Theta Healing in context here, I shall attempt to explain in a few words what it has taken our greatest masters, mystics, theorists and scientists many centuries to unravel, so I hope they forgive me for the probably inadequate nut-shell!

Continued overleaf ...



Please recycle me ☺

Theta Healing ... continued

Most, if not all, spiritual and religious traditions have a central premise of the existence of a higher, divine, intelligent force at work in the Universe. The ultimate goal in many of these traditions is to connect to the divine, the Creator, the Source of all things, the "all that is". Through the scientific exploration of our Universe, from the very small to the extremely massive, quantum theorists seem to be coming to a similar sense of an underlying universal, multidimensional presence that exists in the space between matter, sometimes referred to as the Zero Point Field. We have also discovered that at least in the realm of the very small (i.e the subatomic) the existence of an observer or witness can directly effect a change. In Theta Healing, the practitioner effectively takes the role of the observer to a super-conscious state (known as the Theta brainwave state) and in co-creation with the "all that is", witnesses the changes taking place. The exquisite beauty of Theta is that there is still room for God in the equation, or whatever your belief is. In fact, a central faith of some sort appears to be intrinsic to Theta's effectiveness.

It is now becoming accepted that our thought patterns change our body chemistry. Indeed we are beginning to discover how certain proteins relate directly to certain emotions and that beliefs themselves may be held as molecules in our DNA. In this way, negative thoughts, beliefs and emotions that we hold onto can create disease in the body as well as further negative experiences and patterns in our lives as a whole. It stands to reason, then, that by recognising and removing such negative "programming" and replacing it with the positive, we can consciously create our own reality for the better. We all have the capacity to do this for ourselves, of course, but by involving the role of the observer, as in the Theta technique, these changes can be further facilitated and happen instantly and permanently. The implications are far-reaching, diverse and fascinating. For example, the Theta technique can be used to scan inside the body, to resolve past lives, to evaluate and release current, genetic and cultural influences, to connect to minerals, plants, elementals, animals, ancestors and angelic realms, to detect and transform energy in buildings and so on.

It is entirely possible that there are actually no limits except those that we impose upon ourselves or have imposed on us by others; this awareness may represent a major shift in the evolution of human consciousness. Phew.

So how does all this translate to practical application in a Theta Healing session? The main aim is to uncover the negative core beliefs that have led to the current problem and to change them instantly, replacing them with positive and helpful ones that will nurture and support us. Muscle-testing can be used alongside psychological "digging" techniques to identify these core beliefs. Each Theta Healing practitioner may utilise one or a variety of different approaches but the aim is the same. For example, in thinking about how I may incorporate Theta Healing into my current practice, I have come up with the following:

Theta Bio-Energetic Realignment (building on my previous Chakra Balancing work)

Theta Space Clearing - a development on a personal interest of mine for many years based on the concept that our environment reflects our state of being and vice versa. By consciously working with the energy of our home (or workplace) and utilising some of the placement principles of such systems as Feng Shui, we can manifest positive changes in our lives and relationships. I am still working out the details with the aim of starting to offer these services next year. Later this month, I shall be attending a 6-day teacher training with Vianna Stibal in London, which is extremely exciting and will mean I will be able to offer training in Theta Healing. Further details will be posted on our website in due course and of course will also be available in the shop. If you would like us to keep you up to date directly, please let us know your email address. With Love & Light ALx

Counselling at the Mana Tree

With Heather Currey

From January 2010, I will be working from the Mana Tree. I have been a person-centred counsellor and psychotherapist for over 13 years, and am accredited with the UKCP (UK Council for Psychotherapy). I am a Member of the BACP (British Association for Counselling and Psychotherapy).

There are many reasons why someone might choose to come to see a counsellor. This might be about issues from the past, what is happening right now as well as about the future - it is an opportunity to talk about whatever issues are important to you in your life. Counselling is a confidential relationship that is separate from other work, family and day-to-day relationships. Person-centred counselling places particular emphasis on the quality of relationship between counsellor and client and developing a mutual and respectful relationship focused on you and your concerns. Essentially what I aim to offer is a warm, empathic and non-judgmental space where the creation of a trusting relationship will help you to feel safe enough to talk openly and freely. Counselling can facilitate greater personal understanding and self-awareness, which, in turn, can enable you to take greater control of your life and your decisions.

Counselling sessions will usually last for one hour, but the first session will be 1¼ hours in order to give enough time to talk about what brings you to counselling, what you might want from it, and whether it's right for you. If you decide to continue, you might come for a few sessions, or possibly for longer. There are no rules. It is different for everyone. Counselling is in your control, at your pace. It is your time, and your space. Having always had an interest in complementary therapies and how our mind, body and soul are connected, I am really pleased to be offering counselling at The Mana Tree.

Courses & Workshops Timetable

Professional Diploma in Holistic Aromatherapy

18-month professional training course commencing 25 September 2010. Further details available on our website or we can send you a leaflet.

Reiki Attunement Courses

Reiki Level 1 Certificated Course

Takes place on 4 consecutive Monday evenings, 7.00 pm to 9.00 pm. The next course commences on: Monday, 8 February 2010.

Reiki Level 2 Certificated One Day Course

Sunday, 7 February 2010

Bach Flower Remedies - Level 1 Certificate

with Yvonne Smith

17 & 18 April 2010

7 February 2010 (10 am to 4.30 pm)

Emotional Freedom Technique with Roger King

7 March 2010 (10 am to 5 pm)*

Introduction to Subtle Energy & the Chakras with Anne-Lise Lancaster

11 April 2010 (10am to 5 pm)*

The Energetic Spring Clean with Anne-Lise Lancaster

Apply the principles of subtle energy to transform your home and your life!

* As these two are related, book on both workshops and save £20. Further details available on our website and in the shop.