



the
Upminster Sanctuary
COMPLEMENTARY HEALING & TEACHING

Summer Newsletter 2024

In this issue we will bring you all of the up to date information of Workshops and Classes at The Sanctuary along with Wellbeing tips and information.

Our gardens are blooming and looking glorious in the Sun!





Teaching Workshop

14th & 15th Sept 2024 with Attunements

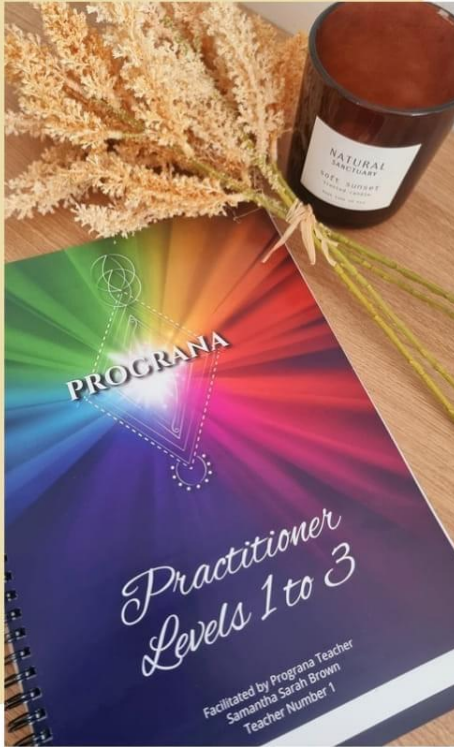
*Are you stuck? Lacking clarity or direction? In need of some forward movement or a shift in perspective? Do you crave a connection to self and increased awareness? Are you on rinse and repeat? Or perhaps you have some great ideas and just can't muster the energy to execute them! **Are you ready for a little magic!***

Whether on your own journey of awakening, or a healer/practitioner looking to enhance your healing practise – Pellowah is calling you as you read this!

Pellowah is an angelic word meaning “Radical Shift in Consciousness” – its primary reason for being channelled at this time is for awakening the consciousness of humanity. Although an angelic word, Pellowah energy does not originate from the angelic realms. It is pure source energy, a direct transmission of the Light. The Pellowah Healing Technique© was first channelled in 2003 by Australian Spiritual teacher Kachina Ma’an. The purpose of Pellowah is to increase your capacity for positive change: To enable you to reach your highest purpose and potential. Directed by spirit through a series of dreams and visions Kachina founded the Pellowah Healing Technique© and began to train others in this new energy modality in 2004.

Now more than ever we are being called to remember “Who We Really Are”. Pellowah is an opportunity to shift our individual consciousness and create a ripple effect in the consciousness of humanity! To awaken the truth within us! Please contact Julie Parker by email for more information and booking information info@pellowahenergyhealing.com

This workshop will enable you to be a Pellowah Practitioner and is fully insurable.



Prograna

Energy Healing

Practitioner levels 1 - 3

Date: 12th & 13th October 2024

Time: 10am - 5pm

Exchange: £369 - Payment plans available

The Upminster Healing Sanctuary

Are you feeling the call to come home to yourself?

Join us for a transformational weekend of personal expansion.

Prograna is a quantum energy that translates to 'The Light' and is described as a homecoming to our true selves. The purpose of Prograna is to assist with activating the coding of your original blueprints of creation, to support with the ascension process of the physical vessel. Creating the space to embody infinite consciousness.

Prograna is a simple, yet profound technique and empowers us to journey back home to ourselves and remember all that you are as a divine, human being.

For more information please visit our website or contact Samantha.

Discover more and come home to self

www.inara-serenity.com | samantha@prograna.co.uk | 07852294858

Summer at The Sanctuary

As the sun climbs higher and days grow longer, our Sanctuary gardens undergo a magical transformation. Lush green foliage replaces the muted tones of spring, and vibrant blooms burst forth, creating a kaleidoscope of colours. The air is filled with the sweet scent of honeysuckle and the gentle hum of bees.

This vibrant tapestry is not just a feast for the senses; it's a lifeline for countless creatures. Our summer garden teems with life, offering essential resources for wildlife and insects. From the tiniest beetle to the largest bird, the garden becomes a bustling metropolis of activity.

The Sanctuary flowers provide a vital food source for pollinators like bees, butterflies, and hoverflies, ensuring the continuation of plant life. Birds find shelter in dense hedges and trees, while raising their young on a diet of insects and berries. Hedgehog houses have been lovingly placed in the hope that they will one day be occupied. At present we have a mole community which has arrived from who knows where.



The Alchemy of Bach Flowers



A number of students enjoyed a Bach Flower Workshop with Julia Massey, which is held every year in the Spring over 3 months in our beautiful gardens working with the flowers around us.

There were some amazing results and the students were thoroughly engrossed with the hands on experience of learning about the plants and the teachings of Edward Bach.

Edward Bach created flower essences to assist in balancing negative emotional states.



The Sun Method

Select the flower which corresponds with the emotional state. These are carefully selected on a sunny morning ensuring that they are at their peak potency.

The harvested flowers are placed in a bowl of pure water, placed onto the earth, and exposed to sunlight for several hours.

The students were involved in the entire process and witnessed the pure alchemy.

The sun infused water is then filtered to remove plant matter, resulting in the flower essence.

This essence is preserved in alcohol to create a Bach Flower Essence.

If you would like to attend the next course the dates are 13th April 2025, 11th May 2025 and 22nd June 2025

01708 251124

Photographs Courtesy of Karen Fox



Regular Events & Classes

Qigong & Thai Chi

Monday 7.30pm	Weekly Class	Miles 07595 377 400
Saturday 11.30 am	Weekly Class	Miles 07595 377 400

YOGA

Tuesday Beginner 10am-11.15am	Denny 07533 822 672
Wednesday Intermediate 10am -11.30 am	Denny 07533 822 672
Thursday Intermediate 6.15pm 7.45pm	Denny 07533 822 672
Friday All Levels Yoga 10am – 11.15pm	Denny 07533 822 672
New Saturday Morning Class starting 21 st September 2024	

Meditation Classes with Amar

Monday Meditation Course 8.00 pm	Amar 07511 605 184
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Drumming Therapy

Monthly Beginners Class on Saturday Evening Monthly £15

20 th Jan, 24th Feb, 23rd March, 20th April, 18th May, 22nd June, 27 July, 17th Aug, 21st Sept,

19th Oct, 16th Nov – Call Denny to book you place 07533 822 672

Drumming Therapy is a form of meditation and balancing the right and left side of the brain and relieving stress and anxiety. It also promotes a sense of tribal community that is nourishing to the soul. Affirmations and Mantra are used in time with the beat and this promotes physical and mental healing.

It is a fun group and we have a real good time drumming together and we get some real good rythems going in time with each other (sometimes haha). Why not give it a go? We sometimes meet up at the beach in the summer as well and country parks.

Sound Bath with Karen

Book via our website or call
07808 167 270

Friday Evening 7.30 to 8.45 pm
19 Jul, 16 Aug, 20 Sep, 18 Oct 15 Nov 13 Dec

Sunday Morning 11 til 12.15pm
4 Aug, 1st Sep, 6 Oct, 3rd Nov, 1 Dec



Gong Bath with Kirandip

Our monthly Gong Bath takes place on the first Saturday of the month at 7pm.

Places can be booked from our website or call Kirandip on 07968 187 613

Reiki Drumming Treatment in Apple Barn

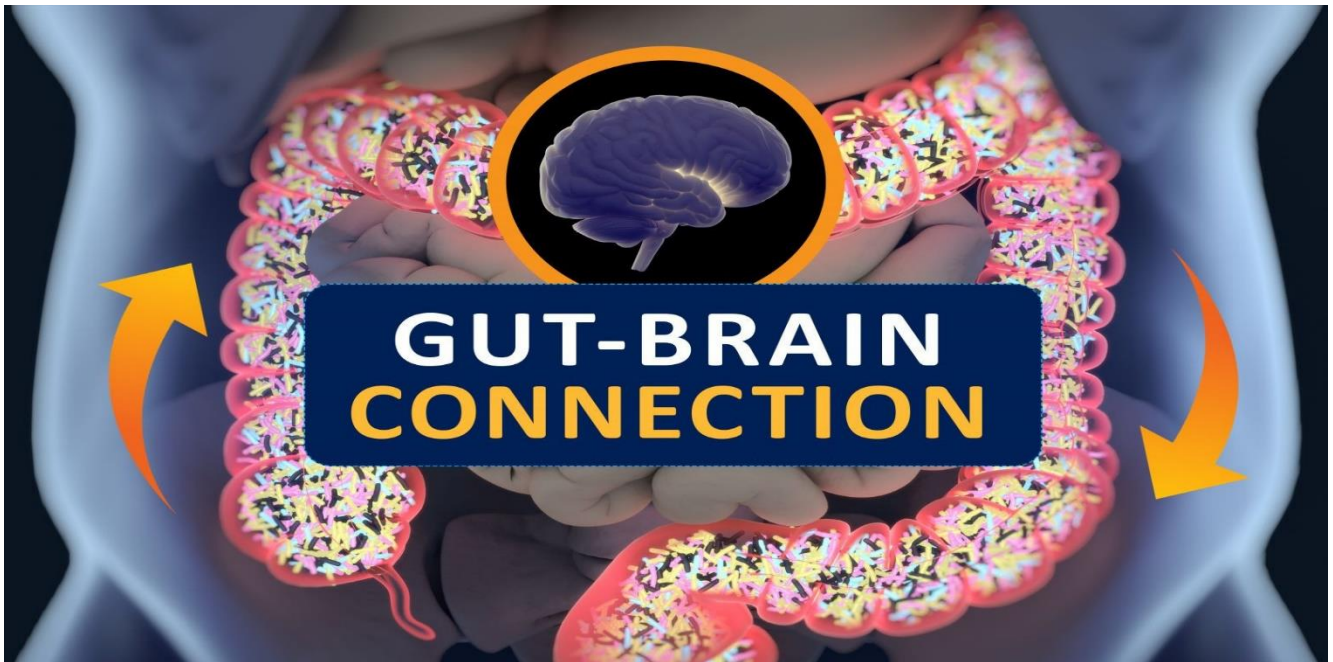
Why not treat yourself to a deeply relaxing Reiki Drum Treatment with Clare from Total Reiki.

The vibrations of the drum release energetic blockages, promoting physical, emotional, and spiritual well-being. Many find that the repetitive sound induces a trance-like state, facilitating profound healing and transformation.

Reiki is sent through the drum and also hands on healing to rejuvenate your entire being, bringing you back to balance and harmony.

Message Clare on 07752 296 904 to book.
Treatments also offered for two people at once.





Your Gut Feeling: More Than Just a hunch

For centuries, we've intuitively grasped a connection between our stomachs and our minds. A nervous flutter before a big presentation, a gut-wrenching disappointment, or that inexplicable feeling of butterflies. But what if these sensations aren't just metaphors? What if our gut is actually dictating more of our thoughts and actions than we ever imagined?

The Second Brain

Emerging research is painting a fascinating picture of our digestive system as a complex, intelligent organ often dubbed the "second brain." This intricate network of neurons, hormones, and bacteria is in constant communication with the brain in our skull, influencing everything from mood and appetite to memory and decision-making.

The Microbiome: Our Inner Ecosystem

At the heart of this gut-brain axis lies the microbiome - the trillions of microorganisms that inhabit our digestive tract. These tiny organisms aren't just passengers; they're active collaborators, producing neurotransmitters that influence our mood, and even shaping our immune system.

Studies have linked imbalances in the gut microbiome to conditions like depression, anxiety, and Parkinson's disease. It's a tantalizing possibility that by understanding and nurturing our gut bacteria, we could unlock new avenues for treating mental health disorders.

Beyond the Gut

The implications of the gut-brain connection extend far beyond mental health. Research is exploring how our gut bacteria might influence our susceptibility to obesity, autoimmune diseases, and even certain types of cancer.

Nourishing Your Mind

So, how can you harness the power of your gut? The answer lies in a holistic approach.

- Diet: A diet rich in fibre nourishes beneficial gut bacteria. Fermented foods like yogurt and kimchi are also excellent sources of probiotics.
- Stress Management: Chronic stress can disrupt the gut microbiome. Incorporate relaxation techniques like meditation or yoga into your routine.
- Sleep: Adequate sleep is essential for both gut and brain health.
- Exercise: Physical activity supports overall well-being, including gut function.

The gut-brain connection is a rapidly evolving field, promising to revolutionize our understanding of health and disease. By paying attention to our gut feelings, we might just be unlocking the key to a healthier, happier life.

Treatment List

<p>Acupuncture</p> <p>Acutonics</p> <p>Anxiety Counselling/Treatment</p> <p>Aromatherapy</p> <p>Ayurvedic Foot Massage</p> <p>Ayurvedic Medicine</p> <p>Bach Flower Essences</p> <p>Bereavement Counselling</p> <p>Body MOT</p> <p>Bowen Therapy</p> <p>Cancer Care</p> <p>CBT (cognitive behaviour therapy)</p> <p>Coaching</p> <p>Couples Counselling</p> <p>Ear Candling</p> <p>Fertility Baby Plan (acupuncture/reflexology)</p> <p>Herbal Medicine</p> <p>Homeopath</p> <p>Hypnotherapy and Cognitive Hypnotherapy</p> <p>Indian Head Massage</p> <p>Lifestyle & Nutritional Management</p>	<p>Manual Lymphatic Drainage</p> <p>Menopause Treatments</p> <p>Natural Face Lift Massage, Facial Rejuvenation</p> <p>Pregnancy Care (Massage/Reflexology/acupuncture)</p> <p>Psychotherapy</p> <p>Reflexology (Foot and Facial)</p> <p>Reiki & Reiki Drum Therapy</p> <p>RESTORE Scar Therapy</p> <p>Sekhem Healing</p> <p>Spiritual Guidance and Healing</p> <p>Talking Therapies</p> <p>Tarot Readings</p> <p>Vagus Nerve Treatments</p> <p>Visceral Manipulation</p> <p>VNS Daith Piercing for Migraine and more</p> <p>Water Mastery Healing System</p> <p>Weight Management</p> <p>Women's Health</p> <p>Zone Face Lift</p> <p> </p> <p>www.upminstersanctuary.com 01708 251124</p>
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