



# *May* Informer

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*Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.*

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**The secretary is Leonie Blackwell  
0438 254 466**

**Administration officer  
Is Karen Howard  
0477 274 604  
[admin@ahhca.org](mailto:admin@ahhca.org)**

*Celebrating 20 Years*

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FROM THE  
**Editor**

I'd like to thank all our contributors for articles submitted, as I am taking on additional responsibilities with my lions club. As of July 1st, please welcome Diane Collett as Editor, send all submissions to: [diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)

Regards Tim Fraser

## ARTICLE SUBMISSION GUIDELINES

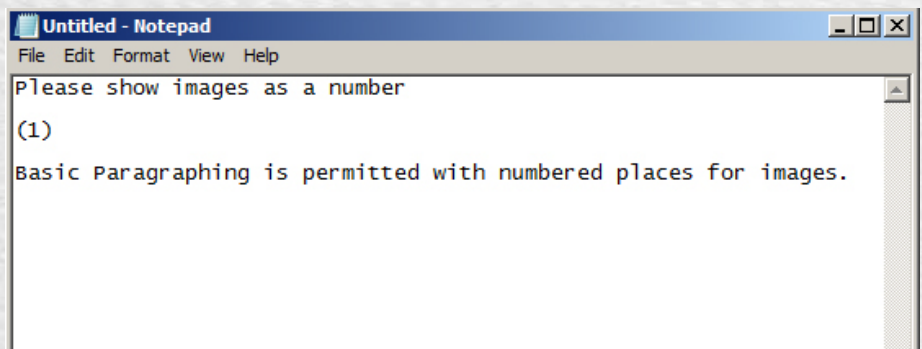
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum  
**1000-2000 words**

- **Editor**

Please email .txt documents to:  
[diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)



# Emotional Healing and Sound Therapy

## The music seems to take you back to the womb



Sarah suffered from severe emotional difficulties as a result of an abusive background, so she described her life up until the age of fifty as a constant daily battle dealing with deep inner turmoil, confusion, fragmentation and FEAR.

When she first heard about Sound Therapy, she said she instinctively knew it would help her, but did not expect such a transformative effect.

When she began listening, she had instant relief from her stress, fear and anxiety. Her sleeping pattern changed, giving her deeper, longer sleep. Her sore, weepy and itching ears, which she had since the age of 12 started to heal. She noticed that certain sounds were sharper and made her feel excited, particularly the birds, and she had a decreased appetite for sweet food.

Most of all what made the difference, she said, “was a strong feeling that I will be able to heal from the abuse – already I have had

some very healing dreams and deep realisations, (pennies dropping). Yesterday, tears started to flow a little. And although I felt sad when I was crying, the sadness had a sweetness rather than a stifling desperation.”

Such healing experiences are often described by Sound Therapy listeners, using a program based on the discoveries of the ear specialist, Dr Alfred Tomatis. More therapies are now being uncovered that demonstrate the remarkable healing power of sound. “Vibration is the fundamental essence of all matter, and sound is vibration turned into consciousness,” says Rafaele Joudry, founder of Sound Therapy International. “When we change the vibration of a molecule, we change its propensity to be sick or well, to thrive or die. At this level it is easy to see how profound and important sound may be in our day to day wellbeing.”

### What Sound Therapy listeners are saying

“Today, after about 15 months of listening, what a change! I have my enjoyment and enthusiasm for life back.” *Hilary Peart*

“It’s like I have the mental space to sit back from all the busyness. I don’t have to rescue people. They can look after themselves.” *Marion Loe*

“I don’t get uptight and stressed about the little setbacks of the day, but can just relax and take them in my stride. I even find it easier to talk to people — am not so shy! It’s like a new life.” *Darrell Johnson*

“There was an immediate improvement in family harmony.” *Dr Cliff Bacchus*

“I have realized too that I have improved mentally – I seem to be more positive, brighter, and much less prone to feelings of despair, unworthiness etc. My friends have noticed quite a difference in me – more than I have, as the changes have been gradual.” *Patricia Proenza*

### 5 tips for emotional healing

1. **Let Go of Rejection**
2. **Avoid Ruminating**
3. **Turn Failure Into Something Positive**
4. **Make Sure Guilt Remains a Useful Emotion**
5. **Use Self-Affirmations if You Have Low Self-Esteem**

(Dr Mercola, Mercola.com)



Hearing is the foundation upon which human relationships are built. The first of these relationships is with the mother, and begins in the womb.

Tomatis asserts that the child-mother relationship is the foundation for all other relationships. In the womb the baby hears its mother's voice, and it is on this intimate and beautiful sound that the ability to hear and interpret language is created.

Rafaele Joudry and her mother worked as a team to develop Sound Therapy into a portable method that could be accessed by people in their homes. Previously restricted to costly clinic settings, suddenly Sound Therapy broke free and was being used while jogging, sleeping, driving to work, watching TV, painting, gardening, teaching, or massaging.

While Tomatis was spurred on to his discoveries by his own traumatic and dysfunctional relationship with his mother, this later mother-daughter team used their closeness and creative collaboration to bring his work to the world.

"I believe this program to be invaluable for people suffering from childhood abuse or trauma," says Sarah, "because, as it said in your book, the music seems to take you back to the womb and gently and lovingly caress you back to wholeness – that's what's starting to happen to me."

"This type of healing is a gift of our miraculous nervous system, which is wired up to enable vibrational energy to deeply penetrate and

impact on our very structure," explains Rafaele. "Tomatis has said that the brain is built by sound, many brain pathways are formed in utero as the baby listens to the mother's voice. These pathways are still open, so a rebirth through sound can be achieved at any time. We can access the entire nervous system through our hearing and bring harmony to our senses through Sound Therapy."

The particular filtering processes used in Sound Therapy, based on Tomatis's invention, the Electronic Ear, are the key to the profound effects of this therapy.

Dr Tomatis spoke of 'the opening of the ear', an occurrence which happens on the combined physical and psychological levels. This is achieved by using sound to exercise the middle ear muscles and rearranging of the route by which sound is conveyed to the auditory cortex so that there is more efficient relationship between the ear and brain.

The effect is greater receptivity to the re-charging effect of high frequency sounds. At this point, listening to Sound Therapy music will increase the energy levels of the listener as well as helping in many cases to resolve deep, psychological blocks.



## Facts about trauma and emotional memory

- Emotional trauma is the result of highly stressful events that shatter your sense of security, making you feel helpless and vulnerable.
- Emotions such as stress, anxiety, fear and constant worry can cause an imbalance in the chemistry of our nervous system.
- Any situation that leaves you feeling overwhelmed and alone can be traumatic, even if it doesn't involve physical harm.
- It's not the objective facts that determine whether an event is traumatic, but your *subjective emotional experience* of the event. The more frightened and helpless you feel, the more likely you are to be traumatized.
- Our thoughts and emotions can impact on our physiology, thereby compromising our health and wellbeing.
- We may not be aware that some outdated emotions stemming from our childhood are behind a lot of our negative emotional behaviour such as; self-doubt, low self-esteem, self-consciousness, etc.
- Research confirms that a deeper part of us stores all our memory and experiences.

**Sound Therapy: Music to Recharge your Brain**

250 pages available in good bookstores or from

[www.soundtherapy.com.au](http://www.soundtherapy.com.au)

1300 55 77 96

**Interested in finding out more - check the Practitioner List to see if there is a Sound Healer in your area.**

# BOOK REVIEW

Book Review by Dr Thom McDonnell  
Bach. Appl. Sci. (chiropractic) –RMIT  
Prac Dip Acupuncture – Swinburne Vic.

**The Half Naked Truth by DrMike Godfrey**  
envirohealth@paradise.net.nz

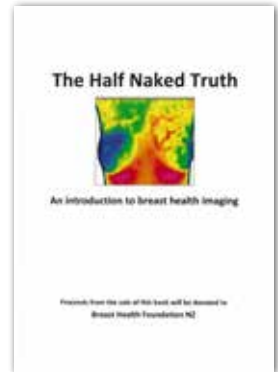
The challenges of changing entrenched health paradigms to one which has the potential to deliver better breast health outcomes for women in New Zealand and Australia is reflected in this concise and informative book, *The Half Naked Truth* – an introduction to breast health imaging. (Contributors: Mike Godley, MBBS; Truly Godfrey, Thermographic Technician; Desiree De Spong, Lymphatic Enhancement Therapy; Breast Health Foundation NZ)

The book details the weakness of the current model of using mammography as a standard alone screening diagnostic tool. It debunks the myth which many health care practitioners and patients have been led to believe that mammography is the ultimate 'gold standard' breast screening tool. This mammography 'gold standard' belief is not supported by the current scientific evidence and is delivering poor outcomes for the women of New Zealand and Australia in terms of their breast health.

The contributors go on to provide the strong possibility of a better outcome for the women of New Zealand and Australia in terms of their breast health by clearly explaining the potential of thermal imaging (thermography) as a standard alone or in conjunction with breast screening modality.

They provide many informative case studies as to when, where and why thermography could deliver better breast health outcomes. One woman's descriptive journey from fear, being controlled and then ultimately taking control of her journey is very insightful.

With a strong clear argument with regard to the need for funding to explore the potential of thermography in breast screening/health this is a must read for women, health practitioners, government health officials and any-one with an interest in women's health.



## WORKSHOPS

### **Meditation Teachers Certificate** - Qualify as a meditation teacher

Turn your love of meditation into a business and share the magic of meditation with those around you, this course is accredited by the AHHCA. Learn to write a meditation, plan & run groups, importance of breath and how meditation helps in our life.

For an information sheet please email: [diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)

**Investment:** Live outside Melbourne area?  
Contact me to discuss new correspondence course.

**Dates:** June 7, 21 28/ 2015  
2nd intake starts August 2015  
Delivery: 8 sessions day sessions  
10am – 4 pm (Sunday) in person  
Mitcham, Victoria)

## Art & Meditation as Medicine

*Facilitated by Diane Collett*

Weekly 2 hour group that will enable you to leave the stress of everyday life outside of the room, while you release & learn tools to use in your life for combating every day occurrences.

Using Art and Meditation to connect to your inner self and find the peace that lays within. Release negativity, tension & emotions through art, moving into relaxing through breathing exercises & guided meditation finishing with fine tuning our intuitive skills through exploring art, cards, crystals and much more. Allowing you to explore and play in a safe, nurturing and friendly environment.

**Term 2: June 1, 9, 22**

**Investment:** \$35.00 casual per class  
Or buy a 5 sessions or term pass to save  
Based in Ringwood 7pm to 9pm  
All other details given when booking is taken.



# COMMITTEE 2014-15

*PRESIDENT: Jim Fraser*

*VICE PRESIDENT: Diane Collett,*

*SECRETARY: Leonie Blackwell*

*TREASURER: Belinda Harber*

*ADMINISTRATOR: Karen Howard*

*GENERAL COMMITTEE: Helen Bramley Jackson, Andonnia Gotsi, Jayne Boyle, Karen Howard*

## QUALIFIED SUPERVISORS

*Helen Bramley Jackson* – Phone: 03 5447 9331 or Email: helenlbj@gmail.com

*Andonnia Gotsi* – 0422 261 394 or Email: andonnia@gmail.com

*David Kliese* PHD – Ph: (07) 5476 8122 or Email: david@davidkliese.com.au

*Wendy Lauder* – Contact: 54412516 or wlauder@hotmail.com.au

## AFFILIATED MEMBERS

### **Australian Doctor Healer Network**

[www.doctorhealernetnetworkaustralia.com](http://www.doctorhealernetnetworkaustralia.com)

Free Listing Please contact: [tim@doctorhealernetnetworkaustralia.com](mailto:tim@doctorhealernetnetworkaustralia.com)

### **Healing Centre • Educational Retreat**

[www.whiteeaglelodge.org.au](http://www.whiteeaglelodge.org.au) - (07) 5494 4397

### **Mental Health Academy**

[www.mentalhealthacademy.com.au](http://www.mentalhealthacademy.com.au)

### **Pathways Wellness Centre**

[www.pathwayswellnesscentre.com](http://www.pathwayswellnesscentre.com) - (07) 5326 3336



*The committee would like your support*

**We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.**

**Please contact the office for a copy of our logo**

## *April Birthdays*

*Happy birthday to the following members*

**Emmanuella Goldenlight, Helen O keefe, Jeanette Olszanski, Serah Ong, Dagmar Peyrac, Tracey Lakainapali, Jacqui Revell, Barbara Shipley, Rosemary Wright, Karen Alen, Tina Bloemer, Denise Coote**

## NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

## WEBSITE LINKS

### Hearts in healthcare

[www.heartsinhealthcare.com](http://www.heartsinhealthcare.com)

### Australian Industry Training Association

[www.aitd.com.au](http://www.aitd.com.au)

### Australian Hypnotherapy Association

[www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)

### Walter Last

[www.heal-yourself.com.au](http://www.heal-yourself.com.au)

### Strauss heart drops

[www.straussheartdrops.com](http://www.straussheartdrops.com)

### National federation of healers

[jenny@nfh.org.au](mailto:jenny@nfh.org.au)

### Magnetic Healers Unlimited

[www.magnetichealers.org.nz](http://www.magnetichealers.org.nz)

[kathyaauric@actrix.co.nz](mailto:kathyaauric@actrix.co.nz)

### Cancer support organisation

[www.ucansurvive.org](http://www.ucansurvive.org)

### White Eagle Healing Centre

[www.whiteeaglelodge.org.au](http://www.whiteeaglelodge.org.au)

### Australia Counselling association

<http://www.theaca.net.au/>

### Caledonian Colour

PRINT | SIGNS | DESIGN

[www.caledoniancolour.com](http://www.caledoniancolour.com)

## CONFERENCES

### AIMA 21st International Integrative Medicine Conference

17th - 19th July, 2015

Docklands, Melbourne, Australia

Australian Reiki Connection Presents

### THE FUTURE FOR REIKI - Pathway to wellness

Sat 17th & Sun 18th October 2015 -SYDNEY NSW

### Australian Foundation for Healing Touch Inc - National Gathering - 2015

The 2015 Gathering will be held at Edmund Rice Retreat Centre "Winbourne", 1315 Mulgoa Road, Mulgoa NSW on October 16-18, 2015.

## COLLEGE DIRECTORY

### Diane Collett - Angelic presence

[www.angelicpresence.com.au](http://www.angelicpresence.com.au)

Email: [diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)

Ph: (03) 9874 1684

Mob: 0407 790 457

### Brenda Sutherland - The Awakening Group

[www.awakening.com.au](http://www.awakening.com.au)

Email: [info@awakening.com.au](mailto:info@awakening.com.au)

Qld Ph: (07) 547 11205, Fax: (07) 547 11206

Mob: 0411 516 185

### Frank Pizzoferrato - Living Chi Healing Centre

[www.livingchihealing.com.au](http://www.livingchihealing.com.au)

Em [frankp@live.com.au](mailto:frankp@live.com.au)

Mob: 0419 321 838

Ph: (03) 9887 5052

### Leonie Blackwell - The Essence of Healing

Website: [www.essenceofhealing.com.au](http://www.essenceofhealing.com.au)

Em: [leonie@dcsi.net.au](mailto:leonie@dcsi.net.au)

Ph.: (03) 5625 4466

Mob: 0438 254 466

### Stephanie Egan - Natural Energies College

[www.naturalenergies.com.au](http://www.naturalenergies.com.au)

[study@naturalenergies.com.au](mailto:study@naturalenergies.com.au)

Ph: (03) 9584 1143

### David Kliese- Trinity Academy of Science and Philosophy

Website: [www.DavidKliese.com.au](http://www.DavidKliese.com.au)

Em: [trinityacademy@hotmail.com](mailto:trinityacademy@hotmail.com)

[david@davidkliese.com.au](mailto:david@davidkliese.com.au)

Ph: (07) 5476 8122

### Joy Nicholson - ISET

Ph: (03) 6243 5383

Mob: 0415 416 168

[joynicholson@aapt.net.au](mailto:joynicholson@aapt.net.au)

### Dr Patricia Sherwood - SOPHIA COLLEGE

Website: [www.sophiacollege.com](http://www.sophiacollege.com)

Email: [info@sophiacollege.com](mailto:info@sophiacollege.com)

Phone: (08) 9726 1505

Final thought "Either you repeat the same conventional doctrines everybody is saying, or else you say something for the month true, and it will sound like it's from Neptune." ~ Noam Chomsky

Tim Fraser - President and Editor

GPO Box 1149 Melbourne 3001

Web: [www.ahhca.org](http://www.ahhca.org)