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View From A Coach Window – Radio Silence

Sometimes there is so much noise in your head you can't hear the birds sing when you step outside in the morning. It's a bit like interference on a radio and once aware of it, you can turn down the volume or tune in to another channel. Incredibly – and as easy as it sounds to control one's own thoughts, they often control us and can intrude like unwanted party guests.

When you are trying to achieve a personal objective it can be a challenge to quieten this interference to retain focus. In meditation you can replace this background noise with a noise of your choosing; maybe the beautiful noise of silence or your favourite meditation CD.

My thanks to this month's special guest, Daniel Thomas.

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Music Therapy – Daniel Thomas

Music therapy is the use of music, musical interactions and a counseling approach to work towards explicit and discovered goals. It's commonly used within special schools, prisons, mental health facilities and within palliative/elderly care settings. During regular sessions, participants work with a State Registered Music Therapist either in a group or one-to-one.

It's a highly recommended therapeutic intervention for people with a range of conditions including Autism, Cerebral Palsy, Dementia or social difficulties. Musicatwork facilitate sessions for organisations including The National Autistic Society among others. Musicatwork also run team building days and staff training.

For more information visit www.musicatwork.co.uk

The A-Z of Meditation: Guan Yin

The one who practices Guan Yin aims to conquer negative forces (within and around the self) and reach the "Fifth Level of Consciousness". Guan Yin is Chinese for "contemplation on the sound" and in this sense 'the sound' is derived from a silent meditation.



To practise Guan Yin, empty your mind and focus on the centre of the forehead in between and just behind the eyebrows - Third Eye or Mind's Eye - the 'wisdom centre'. Hindu traditions point to the soul being located here.

Communication Corner



When Paul McCartney woke up in the middle of one night in 1965 with a song in his head, he was very worried that he had lifted the melody from another song. At first he called it "Scrambled Eggs" and went round playing it to people to check they didn't recognise the tune. Two years later, rumour had it that he built a meditation chapel in his garden while "Yesterday" went on to become the most covered song of all time.

Motivation Tool No.7 – Goals

It seems fitting that World Cup fever should coincide with the one of the most motivational tools of humankind: the setting of powerful goals.

Book Club

"Doing Nothing" by Steven Harrison.

The Six Energies

The energy of learning
The energy of meditation
The energy of conversation
The energy of movement
The energy of humour
The energy of music

For inspiration, motivation and balance, source a little of each of the six energies every day.

www.the6energies.net

Meditation (edited) extracts from "Tuning the Mind – The A to Z of Meditation" © D. Fonseca 2008