

Visual Delights

"When you have only two pennies left in the world, buy a loaf of bread with one, and a lily with the other." Chinese proverb.

My Chinese Master once said that if a building has any bad Feng Shui it can be largely overcome by a beautiful view. That's how powerful the sense of sight is. As we look on beauty, whether it is a stunning rain forest, a majestic tree or an exquisitely crafted piece of art, we are often touched on a deep level. Similarly, a clean, uncluttered interior with colour, light and arresting views, will have the same effect. If we surround ourselves with visual delights we are likely to lead fuller, happier lives because the environment itself resonates with a healthy, positive attitude.

Creating a satisfying sight doesn't have to be complicated. A beautiful object of your choice and style, when placed strategically can transform a room. A tantalising glimpse through a window (see pic.) suggests possibility and mystery. Mirrors are a great way to invite views into a space, extending and opening out, areas that otherwise may be small and cramped. Ugly views outside in the garden can be hidden behind plants, hedges and trellises. Inside your home dark corners, or areas of dead space, can be enlivened with artistic screens or the mellow light of a salt lamp. Candles, lamps, crystals and stained glass draw the eye and satisfy the spirit.



Sometimes all it takes to make a major difference to the visual effect of a room is to remove an object that you have never truly liked or to replace a picture that has negative connotations for you. Once removed, it is easier to see how such an object has dominated the space and depleted your energy along with it. Try it out!

By Fran Gleeson. Fran is a Feng Shui Consultant and a Garden Designer. She can be contacted on 0437 072027.

Hope, Empowerment & Choice!

This is the 'catchcry' of the Gawler Foundation's Cancer Healing and Wellbeing program which is now available in Bayside Melbourne.

A cancer survivor for more than 30 years, Ian Gawler devised this program for cancer management due to the enormous demand by cancer patients and their carers. It is a result of his extensive experience, remarkable recovery and lifelong research into the management of the disease.

But, it is not just about one person's journey. Over the years, the program has supported the remarkable recoveries of countless others and is constantly being updated to include the latest information.

Led by Judith Vennell and Eric Kluukeri at the Beaumaris Community Centre, the Program runs once a week for 12 weeks and is a convenient alternative to the Gawler Foundation's 10 day residential program run in the Yarra Valley.

Judith, a qualified and experienced teacher and therapist, has supported many cancer patients through their healing journeys. Eric is a psychologist of many years experience and also a cancer survivor. He was diagnosed with prostate cancer in 1995 and became familiar with the Gawler program as a participant.

Both Judith and Eric are qualified and endorsed Gawler Program Leaders.

Trained by Ian Gawler himself, they began running the Healing & Well-being groups in Bayside Melbourne early last year.

"We have received enormous positive feedback from our participants", said Judith. "The response has been beyond our wildest dreams and we're extremely fortunate to be able to continue to offer the program in the Bayside area".

The next 12 week program will commence on 29 September this year with more planned to run throughout next year. In accordance with the Gawler philosophy the programs cover such topics as:

- Stress management through meditation
- The importance of the Mind-Body connection
- The use of nutrition for healing
- Inner strength development
- Healthy emotions and Healing

The program complements the patient's current regime and support people are encouraged to attend. It's an affordable program delivered in a supportive environment with like-minded people. For more information call Judith on 9585 1806 or Eric on 9592 3305.

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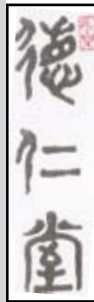
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Next program commences
29th September 2008

THE GAWLER FOUNDATION 12 WEEK CANCER SELF HELP

Ian Gawler's acclaimed Cancer Self Help program for Healing & Wellbeing is now being run in Brighton. Gawler therapists will guide you 'step-by-step' through the principles of healing during this weekly educational program.

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Contact: The Bayside Living Centre
9585 1806 or 9592 3305

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