



Triune Healing Newsletter

Rumblings and Ruminations

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January 2011

Hello Everyone,

Welcome to a new year and a new decade.

I begin this first newsletter by joining with you all in sending my thoughts and prayers to those who have been affected by the Queensland floods.

Although we still do not know the full impact of this enormous event, there is a second giant wave that has begun to roll in. It brings with it thousands of peoples generosity, compassion, openness and care. It is rippling through the country, and is soothing many wounded souls.



The images we have seen on the television have been shocking and have touched many of us deeply. The acts of kindness, community, and selflessness have brought tears to my eyes. We come together so powerfully as community after such events, don't we?

The significance of all crises is that they offer us an opportunity to reconnect to that which is really important in life. Whether you have been directly impacted by the floods or not, we are all being given another opportunity return to basics. When all is lost, all we have is each other. When we have each other, all is not lost.

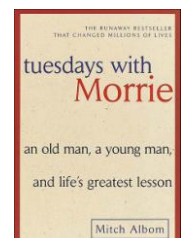
Tuesdays with Morrie by Mitch Albom

Quote by Morrie Schwartz, in "Tuesdays with Morrie" by Mitch Albom

So many people walk around with a meaningless life. They seem half-asleep, even when they're busy doing

things they think are important. This is because they're

chasing the wrong things. The way you get meaning into your life is to devote yourself to loving others, devote



yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.

Sun Rise 1/1/11

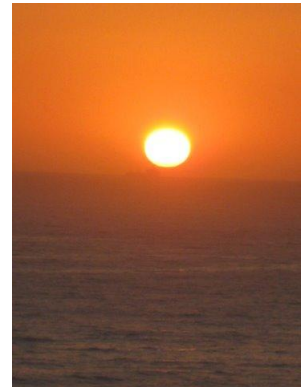
The Miracle of Uncertainty

Sunrise 1/1/11

I rose before the alarm.

Not surprising as I had hardly slept a wink. My husband and I had fallen asleep in front of the TV after the 9 o'clock fireworks, and as soon as my head touched the pillow, I was wide awake.

The alarm was set for 3.30AM. We were meeting friends at 4.00AM to watch the dawn of the New Year and I was excited. It seemed a bit strange to be excited to see something I had seen countless times before. But I was.



I generally don't have much interest in New Year's Eve. My pragmatic self sees it as an arbitrary date at the end of the calendar year. The Gregorian calendar to be precise. On February 24, 1582 Pope Gregory XIII decreed that the previous Julian Calendar was dragging its feet too slowly, causing the March equinox to arrive minutes earlier every year. Since the equinox was connected to Easter this became a problem for the church. So they fixed it by creating a calendar that made sure the equinox would arrive on March 21st from now on. In other words December 31st is only the end of one calendar year. The Chinese, Hebrew, Buddhist and Armenian Calendars all celebrate their beginnings and endings on different days.

My reflective self sees it as a day where I can reassess whether I am being the authentic individual I choose to be and if not what is going on? And in truth, I can do that any day of the year.

Last year was a rollercoaster. A book launch, a daughter's wedding, friends dying and the ups and downs of aging parents. Personally, I had achieved my goal of publishing my second book, had taught overseas and had also come face to face with my own hidden shadows. Why do such experiences threaten to dissolve everything else that happened? Why do

we drift into self doubt and uncertainly when we see there was more to ourselves than met the eye? I found myself struggling to remember there is more to me than the shadow parts that showed up when I least expected. I wanted a fresh start to a new year, a new decade. A new beginning where I could stand on the foundations of the realisations I had come to during the past year.

By 3.30 AM I was dressed, putting the champagne in the cooler and the cheeses in the picnic bag. We drove to our friend's home and together we drove to Long Reef. The walk to the thin rocky peninsular would have been in pitch blackness had our friend not thought of bringing a touch. A rabbit scuttled away in front of us and we listened to the bush breathing slowly and steadily around us. Although we threw our picnic blankets on the grass I found a stone step the sat on it facing a 300 degree view of the sea. In the faint watery orange glow of the horizon I could see the curve of the world. The orange deepened as the bulge of pre birth gently heaved its way through the waters.

More people arrived. A child with a hacking cough sat beside her father who held a camera. We were all waiting, whispering, wondering.

And then, without warning, the sun crowned. A tiny sparkle broke through the horizon. The communal gasp from behind prickled the back of my neck. We had all looked expectantly into the future but the gasp said it all. Though the sun rises every day, when we stand facing its imminent emergence, there remains incredibly, an infinitesimal spark of uncertainty. Bathed in an orange/yellow glow, standing together, we all witnessed the miraculous arrival of a brand new year.

was more painful than the risk it took to blossom.

- Anais Nin

What is Psychotherapy?

Psychotherapy is really two words placed together: Psycho coming from the Greek word "Psyche" which means breath, soul and life and "Therapeia" also originating Greek which means attending to pain, illness or disability.

Psychotherapy therefore is attending to the pain of the inner self or the soul.

Psychotherapy provides individuals with the opportunity to explore, understand and face the challenges that affect their lives. It is not by any means exclusively for people who are unwell. Healthy vibrant and intelligent people can and do benefit from psychotherapy.

If you are experiencing anxiety, stress, life changes, feelings of loneliness, grief or loss, sibling or spouse struggles, loss of purpose, confusion, money issues you may want to call and explore the possibility of therapy.

If your soul is aching and you are searching for some meaning to your life, perhaps a conversation would make a difference.

Appointments can be face to face, email and skype.

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