



NEWSLETTER NO 14 AUTUMN 2014

Dear Women

Warmest greetings to you all, in your different parts of Aotearoa and beyond. It is hard to believe two whole months of 2014 have already passed. I hope they have been happy and fruitful months for you.

Over the many years of my privileged life of being a therapist, accompanying those who come seeking healing and wellbeing, I have come to experience that quest in simpler and simpler terms. (And of course simpler does not mean easier! As we all discover at some point on our path, the simplest places are the hardest to get to.) Life brings so many things to us, and at times my heart feels broken to pieces by the hurts, losses and irresolvable complications that good people encounter. Here in post-earthquake Christchurch, the mysterious unfairness of life seems magnified in many visible and invisible ways.

And yet, no matter how complicated the situation, it is how we relate to ourself within that situation that determines whether we can heal or not.

Sometimes it is the simplest moments, seemingly quite insignificant, that can bring fresh awareness or cause us to find a doorway into wonderful change in our lives. Yesterday as I was walking home from my early morning meditation, a postie smiled and said hello to me as he crossed my path on his puttery little motorbike.

I enjoyed this tiny moment, the friendliness of a "stranger", and perhaps because my heart was still very open from my meditation, I felt its ineffable quality of sacredness. There are so many exchanges, gestures, impulses we humans are constantly offering to each other in ways we hardly notice are truly holy. If we could fly above the world with eyes attuned like infra-red lenses to pick up love in all its boundless forms, or sacredness in all its vast array of expressions, I believe we would be astounded by the beauty we create.

In taking a moment to really feel the word "hello" (or "hallo") we can start to get a sense of its origins, and how powerful it can be as a greeting. The sound of the word gives us a clue... listen to its similarity with "hallow", which means to

make holy, or to honour. Hallow was actually also an ancient noun for a holy person or saint. A "halo" is a circle of light around a person or thing to indicate divinity. No doubt every culture has its words of sacred greeting. (I wonder if there is a book of them all - wouldn't that be a joy to behold!) Some that we know are the Maori "Tena Koe", acknowledging the spiritual nature of the person we greet; the Asian "Namaste"* which can be translated as "The Divine in me bows to the Divine in You"; and the Persian "Salaam". The accompanying gestures of prayer-joined hands or hand-on-heart and a small bow, convey so beautifully the soul-recognition these greetings offer.

What might change in our world if we held this awareness in our hearts, and radiated it through our eyes, each time we say "hello" to someone or something (a flower, animal, tree, singing bird, sunrise, etc)? What might change in our household if we greeted our partner, our family members, from this place? And what might change in our own lives if we began each day with a direct gaze into our mirror, and a fully conscious, fully meant, and fully felt "hello" to the divine being we see there? How might a hallowed relationship with ourself help us to respond to whatever our day brings?

For those of you who have attended Luna House workshops and are practicing Conscious Menstruality at any age, I invite you to add a further dimension to your morning salutation. If you can recognise and acknowledge the Feminine energy you are in today (cycle moment, perimenopause or mature life) and your resonance with its corresponding Nature Mirrors, your morning hello will open you more deeply than ever to Menstruality's sacred dimensions and boundless potentials for you.

So, no kidding and no exaggerating - we really can *see ourselves in a whole new light* every single morning, just by saying hello and really meaning it.

A translation of the word Namaste from Mahatma Gandhi
"I honour the place within you where the entire Universe resides; I honour the place within you of love, of light, of truth, of peace; I honour the place within you, where, when you are in that place in you, and I am in that place in me, there is only one of us."

Coming Events

For Menstrual Cycle Women in Christchurch

W o m e n

would you like to learn something new about something old?

The Whole of the Moon Illuminating Your Menstrual Cycle



This workshop follows on for women who have already attended an introductory talk on Menstrual Cycles. However, new women are also welcome.

You will learn to see yourself in a Whole New Light, through:

- *A new understanding of female hormones and why they act as they do*
- * A clear model that makes sense of our changeability, moods, emotions and physical experience around the month*
- *An exploration of our very special resonance with Nature, because of our cycle*
- *An invitation to experience the Spiritual and Developmental dimensions of our feminine nature through living our Menstrual Cycle consciously*

Saturday 22nd March, 12.30-4.30pm and Sunday 23rd March, 8-12am

At: The Yoga Place, 147 Barrington St, Somerfield

Cost: \$85 per person – places are limited so please book in advance

Contact: Rachel Brownie rachel_brownie@hotmail.com or 0272714185

For Menopausal Women Everywhere
who have already attended a Luna House workshop on Menopause

Advanced Alchemy

a special weekend workshop for
Menopausal Women

If you have already attended an "Alchemy of Menopause" workshop or course, and would like to deepen your knowledge and awareness further you are invited to another residential workshop at Heavenly Hanmer



Would you enjoy

- * A weekend in the company of other fine and feisty Menopausal women
- * A workshop to refresh, inspire and support you, and further enhance your Menopause experience
- * Comfortable accommodation with nourishing meals provided
- * The opportunity to go deeper with what you have already learned about Conscious Menstruality
- * Walking in the forest or relaxing in the hot pools

9-11 May (Friday evening to Sunday afternoon)

~ **Make this your Mother's Day Treat** ~

Only 9 places - book yours early

Cost: \$325 - \$375

FURTHER POSSIBILITIES FOR 2014

Menstrual Cycles Workshop in Nelson Area

A couple of women in the Nelson area are very keen for a Luna House workshop up there. This will depend on sufficient numbers of women wanting to attend. So if you live up that way and would be interested in taking part, please let me know, so we can make it happen.

Further Luna House Workshops in Taranaki and Hokitika

Plans are in the pipeline for further events in both these areas. Please let me know if you or women you know would be interested in these, so we can keep you informed of future developments.

LAST WORD

Here is something beautiful for you (special thanks to the woman who posted it on Facebook, where I found it). I invite you to add this to your recognition of yourself when you make your morning Hello in your mirror. Even for those of us who have not borne children into the world, we all mother, we all possess the heart this poet refers to.

*"Woman is the first conduit of Divine Love
for every soul who enters this world.
All must pass through her heart
on their journey into matter."*

[Shannon Port]

With love to you all
And looking forward to sharing further mysteries and intricacies of Conscious
Menstruality with many of you this year

Jane Catherine
At Luna House