

SIHA News December 2024



Some members of the SIHA Steering Group at the Assisi gathering in 2022.

SIHA are now offering a series of Health related Presentations/Workshops S via Zoom on 20th monthly

This month's presentation is by Albatina Phillimore



SIHA PRESENTS A SEASONAL
TALK ON 20th December

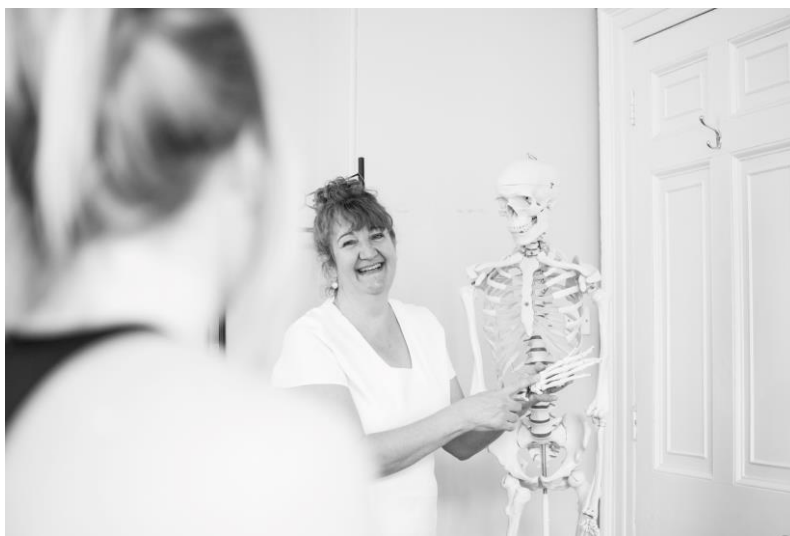
Frankincense, Gold & Myrrh
18.45 London

Details below



Albatina Phillimore (SIHA International Coordinator) will present a light-hearted discussion about these topical gifts made in January by the 3 wise men in the Christian tradition.

An osteopath for 32 years, Albatina runs a multi-disciplinary Natural Health Centre in Britain (Orchard Osteopaths Ltd) and takes an interest in all areas of medicine. Her talk will describe how you might make a gift to yourselves of these 3 wonderful and seasonal ingredients which may enhance your health.



ZOOM

Link:

Topic:	SIHA	PRESENTATIONS	SERIES
Time:	Dec 20,	2023 18:45	London
Meeting ID:	833	8293	3568
Passcode:	531138		

BELOW ARE REPORTS FROM THE FIRST TWO PRESENTATIONS



CONFLICT RESOLUTION

by Elsa van Amern

Zone 4 SIHA Representative
20th November 2023

Finding solutions is one of the keys in solving conflicts, but how do we do this in our daily lives? These and other questions were covered during this workshop, in which Elsa van Amern introduced some key details and techniques from her approach to Solution Focused conflict solving. Elsa has decades of experience both in working with organisations and coaching, utilising this approach.

Here a short summary of the workshop:

Elsa (From Germany) addressed the fact that there are always conflicts within us! These are known as our “Inner Drivers” and their counterpart the “Inner Needs” are often neglected. Our task is to create a balance between the drivers and needs.

In communicating with other people, Elsa talked about “Gold digging”. There is always something we can love about the other person. She reminded us that we communicate on many levels; verbal is only a fraction of the picture, non-verbal communication has a much more dominant effect. Therefore our thoughts are always part of the communication. Don’t believe you can hide your inner attitude towards someone!

Finally, Elsa talked about the “Drama Triangle”. It’s the triangle between the Victim, the Rescuer and the Aggressor. The dynamic is in keeping all 3 in a constant

emotional tension. The roles can be changed, but the dynamic stays the same. To stay out of the drama triangle you need the skillsets of assertiveness, compassion, empathy and self-awareness. By empathising, you are unlikely to be aggressive. By being self-aware, you are less likely to 'rescue'. The way is to step out to reflect together to find a solution.

To learn more about Elsa's work, please feel free to visit:
Institut für Mensch, Arbeit & Psychologie
<https://www.institut-imap.de/en/>



TELLINGTON TOUCH

by Anita Hytha

Austrian SIHA National Coordinator
20th October 2023

During the October SIHA presentation, Anita (from Austria) shared her experiences with the Tellington Touch (TTouch) method in her work as a nurse. Anita also conducted a mini workshop, showing us how to perform some of her favourite TTouch techniques.

As a nurse with over 30 years experience, Anita has worked as a Tellington Touch Practitioner since 2016. Gentle touch, she has found with post-surgery patients and

those seriously ill, may be a great tool to reduce tension, improving a sense of well-being. It is something she recommends to all of us as a self-help technique to restore balance, reduce pain, fear, and stress.

What is Tellington TTouch? Like many others, Linda Tellington-Jones was inspired by Dr. Moshe Feldenkrais' and his 'Awareness Through Movement' method. Before signing up for the Feldenkrais training in 1976, Linda had created a massage therapy for horses. Later, after learning the Feldenkrais way of hands-on work, she developed her own method. This included a system of circular TTouches, lifts, and slides via very gentle touch.

Nurses, physicians, and other healthcare professionals followed her workshops, using TTouch in clinical practices, including post-fracture swelling, wound healing, and the management of oedema, pain, and anxiety. The results have been positive, and there are a few published research trials that provide scientific evidence of the potential value of using hands-on therapy.

Education is a key aim of SIHA

To learn more, in 2024 we hope to be able to offer:

- Online courses
- Gatherings

These will be announced in SIHA News and
on our website: subudhealth.org

RECRUITMENT

1. COACHES TO SUPPORT SD NATIONAL CHAIRS & SD PROJECT LEADERS

Do you have a background in listening/life coaching/counselling or psychotherapy? SIHA & SDIA

are seeking to recruit volunteer Coaches to support the work of SD project leaders and SD National Chairpersons. Elsa and Jamil (both trained psychotherapists) have been talking about this since offering support in Colombia during the gathering there. We feel it would be a service that might be extended to others in responsible roles such as International/National Committee members, but for now we look to supporting SD.

SDIA is planning to begin a free online training program for prospective coaches in January with the help of Roland Evans psychotherapist (USA). The idea from their viewpoint is to see if any of you SIHA folks with a relevant background or other disciplines, might be interested in being trained to coach the SD not-for-profit Team Leaders to help them better address the challenges they are facing in carrying out the missions of the SDIA organisations in fields such as education, health care, livelihood generation, and the protection of the environment. It sounds like a wonderful opportunity to grow or use your skills.

There is an increasing demand for this type of support within the SD Network and for SD National Chairs who would benefit from a confidential listening ear.

In particular, there is a demand for this service for those speaking French/Spanish to support those in Africa and Latin America, but please volunteer even if you only speak english. There are many in need.

2. SIHA TREASURER

We have now appointed a paid bookkeeper/accounts manager but need a treasurer to present the accounts at meetings, as well as liaising with our bookkeeper. Not an arduous role, but essential for SIHA's smooth running. If you are interested please do get in touch. Thank you.

WC Update DATES NOW CONFIRMED

Registration is planned to open [on 14 January](#)

Arrival day for delegates [17 July](#)

Arrival day for general attendees [18 July](#)

Congress days [19-29 July](#)

Departure day [30 July](#)

Wings & WCOT discussions are fruitful and ongoing

Do join us in developing Health Related activities at WC!

A meeting will be scheduled for the end of January for National SIHA Coordinators and all wishing to help

INSPIRATIONAL QUOTE

Extract from 'Living in Subud' by Mariani Arnold

Published 1966

"Ibu asked me to her room, to ask if I would massage her. I was nervous, frightened, but thrilled above all, and readily agreed to do so. She lay down on her bed. Ismana on the floor was brushing the carpet. I knelt on the bed by Ibu's side and placed my two hands on her back, and had just started the first movements, when to my horror Ibu shivered and cried out. She spoke a short sentence in Indonesian, so I could not follow her meaning. From the floor Ismana said with peremptory clarity, "Ibu says, not like that. In latihan."

I shut my eyes. My inside was like jelly! But I allowed the latihan to begin, and this led my hands and fingers to move over and press Ibu's back. She was peaceful now. A great wonder spread over me and a great understanding. Ibu said quietly, "Hidup. Yes. Life in your fingers." - I cannot remember if Ismana translated the words, or Ibu herself said them, or I merely understood. Although it was a cold day, and the movements I was guided to make were gentle enough, I became covered in sweat.

On that day Ibu had blessed me for I learnt from that moment that the latihan is the worship of God in daily living. To touch with the hands should be latihan, to hear with the ears, to taste with the tongue, to speak with the mouth, to see, to walk."

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Further information and advice

is available on our website:

www.subudhealth.org

With Warmest wishes for a Splendid Christmas and Festive Celebrations.



SIHA Steering committee:

Albatina Phillimore (Int Coordinator)
Albert Bryson-Haynes (Zones 1 & 2 Rep)
Siti Salamah Salie (Zone 3 Rep)
Elsa van Armen (Zone 4 Rep)
Marisol Greenslade (Secretary)
Latidjah Miller (Advisor)
Oliver Halviala (Scandinavian Rep & Technical Advisor)