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STILLWATER

Dharma News

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Service is the Price One Pays for Being a Member of Society

What does it mean to be of service? How does volunteering differ from bartering? The word volunteer come from Latin and can be translated as “will” (as in doing something out of ones own free will). Barter is a type of trade in which goods or services are directly exchanged for other goods and/or services, without the use of money. Volunteering gives you an opportunity to change people’s lives, including your own.

Selfless Service is a commonly used term to denote a service which is performed without any expectation of result or award for the person performing it. The idea of selfless service is an important concept in Dharmic Religions and is known as Seva. Because God is perceived as residing in the heart of others, serving other people is considered an essential devotional practice. The word service, as a noun, has an unusually large number of meanings; from a government branch to performance of work to repairs provided to a religious rite to assistance or help.

We at Stillwater, are all in the service industry. Many of our instructors and practitioners have given of their time and talents freely to others in need without receiving reimbursement. The reward for doing for others is found in one’s own response to the gratification that is realized when another is assisted.

Working with those less fortunate in the material world does not by any means make someone less fortunate in the spiritual sense. We all have an obligation to each other, to treat others as we wish to be treated, to help others as much as possible, and to give those random acts of kindness that seem to throw members of our community into a whirlwind because “people just don’t do that anymore.”

Let’s keep the spirit of the holiday season alive throughout this new year and be aware of the needs of others. If you don’t look, you’ll never see the homeless man without a warm coat, the single mother who is struggling with the high cost of formula for her baby, or the children in the third world countries that have little to eat, drink, or clothe themselves. Let’s reach out to others and do it silently . . . without wanting recognition or that desired thank you. Reach for the generosity in your own heart and share it with everyone. The only thing you won’t miss is the next opportunity.

Definitions found in Wikipedia

“Only a life lived for others is worth living”

Albert Einstein

“I have to live for others and not for myself; that’s the middle class morality”

G.B. Shaw

“To live a pure unselfish life, one must count nothing as one’s own in the midst of abundance.”

Buddha

“People exaggerate the value of things they haven’t got; everybody worships truth and unselfishness because they have no experience with them.”

G.B. Shaw

Morris Foundation Adolescent IOP Services Enhances Program with Mind/Body Exercises

-From Morris Messenger-November 2008 Issue

Morris Foundation has expanded our contract with **Stillwater Holistic Health Center**, Wolcott, CT, to include body/mind work with our adolescents one day per week. The adolescents are being introduced to Tai Chi and Mindfulness Meditation. The participants in the sessions have stated that they really enjoy it!

Tai Chi includes body movement that especially helps to hold the attention of teenagers. They are learning mindful meditation as a way to stay focused, calm themselves, clarify their thinking and improve their decision making.

In 2005 a study was conducted at the Boston Public Middle School and the

results printed in the Journal of Pediatric Health Care, Volume 19, Issue 4, Pages 230-237. A clinical project took place that used combined Tai Chi and mindfulness-based stress reduction as an education program. The 5-week program demonstrated that sustained interest in this material in middle school-aged boys and girls is possible. Statements the boys and girls made in the process suggested that they experienced well-being, calmness, relaxation, improved sleep, less reactivity, increased self-care, self-awareness, and a sense of interconnection and interdependence with nature. The curriculum is described in detail in this study for nurses, teachers, and counselors who want to replicate this

type of instruction for adolescent children. This project infers that Tai Chi and mindfulness-based stress reduction may be transformational tools that can be used in educational programs appropriate for middle school-aged children.

Morris Foundation is establishing outcome measures to demonstrate the effectiveness of this intervention. Staff from the State of Connecticut Department of Mental Health and Addiction Services are visiting Stillwater during the month of November to learn more about these practices as a way of assisting individuals to achieve and maintain recovery.

We at Stillwater Meditation Center would like to thank The Morris Foundation and Joan Pesce for allowing the use of this article.

Selfless Education: Skin Cancer

-The World Skin Project- Angela Campion



Skin cancer is the most prevalent form of cancer, yet it's the most preventable. The World Skin Project is a non-profit organization devoted to raising skin cancer awareness around the

world, specifically through massage therapy. The project was spearheaded by Annie Powell, a licensed massage therapist suffering from melanoma (the deadliest form of skin cancer). Annie first discovered she had the disease after a visit to her own massage therapist. He referred her to a doctor after noticing an irregular mole on her back. Her dermatologist said her massage therapist saved her life. Since then, Annie has been trying to reach out to massage therapists to let them know about their role in detecting and preventing skin cancer.

On November 21, 2008, Stillwater sponsored a fundraiser at the Aqua Turf in Southington to help this organization in its grass roots efforts to fulfill their mis-

sion. The fundraiser netted over \$10,000 with nearly 150 people in attendance.

In March of 2009, the World Skin Project will be teaching their first class on skin cancer at the American Massage Therapy Association's New England Regional Conference in Massachusetts. While there, hundreds of massage therapists and body workers will learn about the dangers of skin cancer, how to spot it on their clients, and the steps to take in referring them to a doctor.

Since the start of the project, Annie has gone through dozens of painful surgeries and has since had 11 tumors removed. She hopes the project will gain even more support and prevent others from having to suffer from the same disease.

*For more information visit
www.theworldskinproject.org*

You may contact Angela directly at:

Angela@Worldskinproject.org

"Every person has the power to make others happy. Some do it simply by entering a room—others by leaving the room. Some individuals leave trails of gloom; others, trails of joy. Some leave trails of hate and bitterness; others, trails of love and harmony. Some leave trails of cynicism and pessimism; others trails of faith and optimism. Some leave trails of criticism and resignation; others trails of gratitude and hope. What kind of trail do you leave?"
William Arthur Ward

Karma Yoga: *Selfless Service-A Personal Experience* -Your Relaxation Source- Richard W. Ayers, LMT



Maybe I stepped into the Morris Foundation's Women's Program classes at Stillwater with the idea that I would be making differences in people's lives. Maybe I thought the thanks would come flooding from the floorboards and envelop me in a halo of gratitude that everyone would notice. Maybe I expected life to remain constant while I effortlessly handed over my collection of tools for stress reduction and healing. Maybe it was the initial lack of enthusiasm that put me in the grip of reality. Or, maybe it was the realization that life's upheavals don't discriminate against or favor anyone.

It's easy to fall into the trap of wanting instant results and rewards for your work. Even with the rule of Karma Yoga in mind, that one surrender the fruits of one's actions, it's still easy to expect some satisfaction from seeing the benefits given to others through one's efforts. The practice of Selfless Service becomes muddy when life gets turbulent and emotionally demanding. I'd be lying if I said I'd never thought, "After continuing to stick my neck out after the week I've had, I deserve a thank you at the very least.

A story of St. Francis of Assisi comes to mind. After a long walk, St. Francis comes back to his dilapidated shack to find a thief taking what little St. Francis had. As the thief ran away, St. Francis followed removing his clothing and yelling, "Wait! Wait! You forgot these!" St. Francis recognized that the thief was in more need than he. He took on the spirit of Karma Yoga by giving even though he had very little. Limitation about how much one can give is an illusion, because love is eternal. Yoga teaches us that we are all connected, so by helping someone, we are helping ourselves.

I also think of Gandhi, who once said, "Almost everything we do will be insignificant, but it is very important that we do it."

Regardless of St. Francis and Gandhi, who I have always strived to emulate, I still couldn't wrap myself around the concept of Selfless Service. That is, until the Morris Foundation agreed to the program at Stillwater. The women I teach have been through far more hard times than I. It becomes clear that this is not about me, but about them. Every Thursday morning, they come to class. Some

participate in the yoga class, and some relax on the chairs while the children play on the floor or laugh in wonder at the fish tanks. I realize it is not me who is providing them with peace, but Stillwater as a whole. We talk and laugh, and I wonder if we really get much yoga accomplished at all. One thing I do know is that I look forward to Thursday mornings. And, one thing I have learned is that Selfless Service is not about service at all; it is about the journey, the connections between humans. The end result of my actions is useless compared to what we share together, whether it be during the yoga class or during our casual chats before the class.

I've reaped rewards from the work with the women from the Morris Foundation. I now see a glimmer of enthusiasm for yoga in participants. There is nothing more satisfying than having a woman who just finished the program hug and thank me, especially after going through a rough week. It's even nice to receive a nod from the directors. But, the essence of Karma Yoga is that you renounce those fruits. I do what I do because I've fallen in love with the journey. Because, even though all that I do may be insignificant, it is important that I do it.

Stillwater Christmas Party, 2008



"When you make the world tolerable for yourself, you make a world tolerable for others."
Anais Nin



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MEDITATION CENTER**

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*Where Body and Mind Come
Together in the Here and Now*

**We're on the Web:
www.stillwatermeditation.com**

Stillwater: Schedule and Memberships

<u>Yoga</u>			<u>Memberships</u>
	Thurs & Sat	10am	2 week trial membership: \$50 (try all classes offered)
	Mon through Thurs	6:30pm	
<u>T'ai Chi</u>	Tues & Sat	10am	
	Mon through Thurs	6:30pm	1 class/week for 3 months: \$130
<u>Mindful Zen Ceremony</u>	Sunday	9-10am	<u>All-Inclusive Membership 3 Months</u> \$250 (Eligible to attend all classes) <i>6 week special classes are available throughout the year</i>

Area Happenings

Saturday, January 17th

Eating Healthy is Easy

11:15am-12:15am – Come and take part in this free introductory class on healthy eating with Christine Orsini, certified raw food chef and Sue Campion, MSN, certified Health Counselor. At this class, we will discuss the hows and the whys of eating healthy, as well as introduce you to dietary changes that can improve how you feel, sleep and perform throughout the day. You will be able to taste test healthy snacks that you and your kids will love. Everyone is welcome, but please call to register: **203-879-0630**

Stillwater Practitioners

Chinese Herbalist

Tarah Ziogas 203-500-5504
203-879-6128

Massage Therapists

Richard W. Ayers, LMT- 203-578-5953
Aga Gawel, LMT- 203-690-4389
Gail Monges, LMT- 203-206-0202

Nutritionist/Reflexologist

Sue Campion, RN, CHHC- 203-910-0650

Reiki Practitioner

Lois Carroll- 203-910-4514

Naturopath

Dr. Marcos de Escobar 203-757-9336